

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 20:5 n-3 (EPA) (g) ; 22:6 n-3 (DHA) (g) ; 18:3 n-3 c,c,c (ALA) (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: September 20, 2016 08:06 EDT

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
04591	Fish oil, menhaden	13.17	8.56	--
04593	Fish oil, salmon	13.02	18.23	--
04594	Fish oil, sardine	10.14	10.66	--
04589	Fish oil, cod liver	6.90	10.97	--
04590	Fish oil, herring	6.27	4.21	--
15012	Fish, caviar, black and red, granular	2.74	3.80	--
83110	Fish, mackerel, salted	1.62	2.96	--
15207	Fish, roe, mixed species, cooked, dry heat	1.26	1.75	--
15197	Fish, herring, Pacific, cooked, dry heat	1.24	0.88	--
15094	Fish, shad, american, raw	1.09	1.32	--
15210	Fish, salmon, chinook, cooked, dry heat	1.01	0.73	--
15078	Fish, salmon, chinook, raw	1.01	0.94	--
15072	Fish, roe, mixed species, raw	0.98	1.36	--
15042	Fish, herring, Atlantic, kippered	0.97	1.18	--
15043	Fish, herring, Pacific, raw	0.97	0.69	--
15040	Fish, herring, Atlantic, cooked, dry heat	0.91	1.10	--
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	0.90	1.52	--
15046	Fish, mackerel, Atlantic, raw	0.90	1.40	--
15075	Fish, sablefish, smoked	0.89	0.94	--
15231	Mollusks, oyster, Pacific, cooked, moist heat	0.88	0.50	--
15208	Fish, sablefish, cooked, dry heat	0.87	0.92	--
15236	Fish, salmon, Atlantic, farmed, raw	0.86	1.10	0.15
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.84	0.81	--
15041	Fish, herring, Atlantic, pickled	0.84	0.55	--
15002	Fish, anchovy, european, canned in oil, drained solids	0.76	1.29	--
15039	Fish, herring, Atlantic, raw	0.71	0.86	--
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.69	1.46	--
15074	Fish, sablefish, raw	0.68	0.72	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15196	Fish, halibut, greenland, cooked, dry heat	0.67	0.50	--
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0.65	1.20	--
15014	Fish, cisco, smoked	0.64	0.61	--
15082	Fish, salmon, coho, wild, cooked, moist heat	0.54	0.83	--
15001	Fish, anchovy, european, raw	0.54	0.91	--
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.53	0.86	--
15253	Salmon, sockeye, canned, total can contents	0.53	0.70	0.06
15038	Fish, halibut, Greenland, raw	0.53	0.39	--
15087	Fish, salmon, sockeye, canned, drained solids	0.52	0.75	0.05
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0.51	0.93	--
15047	Fish, mackerel, Atlantic, cooked, dry heat	0.50	0.70	--
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	0.49	0.66	--
15080	Fish, salmon, chum, canned, drained solids with bone	0.47	0.70	--
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	0.47	0.51	--
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	0.47	0.70	--
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.47	0.52	--
15171	Mollusks, oyster, Pacific, raw	0.44	0.25	--
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.44	0.70	0.04
15048	Fish, mackerel, jack, canned, drained solids	0.43	0.80	--
15081	Fish, salmon, coho, wild, raw	0.43	0.66	--
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0.41	1.43	--
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.41	0.87	--
15223	Fish, whitefish, mixed species, cooked, dry heat	0.41	1.21	--
15247	Fish, salmon, coho, wild, cooked, dry heat	0.40	0.66	--
15224	Fish, wolffish, Atlantic, cooked, dry heat	0.39	0.40	--
15238	Fish, salmon, coho, farmed, raw	0.38	0.82	--
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	0.36	1.14	--
15100	Fish, smelt, rainbow, cooked, dry heat	0.35	0.54	--
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.35	0.27	0.16
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0.34	0.14	--
15260	Fish, salmon, pink, canned, drained solids	0.33	0.74	0.05
15227	Crustaceans, crab, queen, cooked, moist heat	0.33	0.14	--
15051	Fish, mackerel, spanish, raw	0.33	1.01	--
15084	Fish, salmon, pink, canned, total can contents	0.32	0.67	0.05
15189	Fish, bluefish, cooked, dry heat	0.32	0.66	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15076	Fish, salmon, Atlantic, wild, raw	0.32	1.12	--
15130	Fish, whitefish, mixed species, raw	0.32	0.94	--
15095	Fish, shark, mixed species, raw	0.32	0.53	--
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	0.31	0.32	2.39
15134	Fish, wolffish, Atlantic, raw	0.31	0.32	--
15009	Fish, carp, cooked, dry heat	0.30	0.15	--
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	0.30	0.46	--
15086	Fish, salmon, sockeye, cooked, dry heat	0.30	0.56	--
15211	Fish, salmon, chum, cooked, dry heat	0.30	0.50	--
15137	Crustaceans, crab, alaska king, cooked, moist heat	0.30	0.12	--
15195	Fish, drum, freshwater, cooked, dry heat	0.30	0.37	--
15052	Fish, mackerel, spanish, cooked, dry heat	0.29	0.95	--
15152	Crustaceans, shrimp, mixed species, canned	0.29	0.25	0.00
15117	Fish, tuna, fresh, bluefin, raw	0.28	0.89	--
15133	Fish, whiting, mixed species, cooked, dry heat	0.28	0.24	--
15216	Fish, spot, cooked, dry heat	0.28	0.53	--
15226	Crustaceans, crab, dungeness, cooked, moist heat	0.28	0.11	--
15165	Mollusks, mussel, blue, cooked, moist heat	0.28	0.51	--
15099	Fish, smelt, rainbow, raw	0.28	0.42	--
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0.27	0.21	--
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.27	0.68	0.04
15154	Crustaceans, spiny lobster, mixed species, raw	0.26	0.11	--
15144	Crustaceans, crab, queen, raw	0.26	0.11	--
15219	Fish, trout, mixed species, cooked, dry heat	0.26	0.68	--
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.26	0.62	--
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.26	0.43	--
15005	Fish, bluefish, raw	0.25	0.52	--
15085	Fish, salmon, sockeye, raw	0.25	0.47	0.05
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.25	0.12	--
15217	Fish, sucker, white, cooked, dry heat	0.24	0.37	--
15003	Fish, bass, fresh water, mixed species, raw	0.24	0.36	--
15008	Fish, carp, raw	0.24	0.11	--
15079	Fish, salmon, chum, raw	0.23	0.39	--
15126	Fish, tuna, white, canned in water, drained solids	0.23	0.63	--
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.23	0.63	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15024	Fish, drum, freshwater, raw	0.23	0.29	--
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0.23	0.21	--
15142	Crustaceans, crab, blue, crab cakes, home recipe	0.23	0.22	--
15069	Fish, pompano, florida, cooked, dry heat	0.22	0.50	--
15103	Fish, spot, raw	0.22	0.41	--
15143	Crustaceans, crab, dungeness, raw	0.22	0.09	--
15212	Fish, salmon, pink, cooked, dry heat	0.22	0.40	--
15055	Fish, mullet, striped, raw	0.22	0.11	--
15188	Fish, bass, striped, cooked, dry heat	0.22	0.75	--
15240	Fish, trout, rainbow, farmed, raw	0.22	0.52	0.06
15170	Mollusks, oyster, eastern, canned	0.21	0.23	--
15214	Fish, seatrout, mixed species, cooked, dry heat	0.21	0.26	--
15092	Fish, sea bass, mixed species, cooked, dry heat	0.21	0.56	--
15114	Fish, trout, mixed species, raw	0.20	0.53	--
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0.20	0.22	--
15104	Fish, sturgeon, mixed species, raw	0.19	0.09	--
15107	Fish, sucker, white, raw	0.19	0.29	--
15164	Mollusks, mussel, blue, raw	0.19	0.25	--
15245	Mollusks, oyster, eastern, farmed, raw	0.19	0.20	--
11669	Seaweed, wakame, raw	0.19	0.00	--
15077	Fish, salmon, chinook, smoked	0.18	0.27	--
15179	Fish, salmon, chinook, smoked, (lox), regular	0.18	0.27	--
15083	Fish, salmon, pink, raw	0.18	0.33	0.04
15056	Fish, mullet, striped, cooked, dry heat	0.18	0.15	--
15167	Mollusks, oyster, eastern, wild, raw	0.18	0.14	--
15068	Fish, pompano, florida, raw	0.18	0.39	--
15200	Fish, mackerel, king, cooked, dry heat	0.17	0.23	--
15113	Fish, tilefish, cooked, dry heat	0.17	0.73	--
15139	Crustaceans, crab, blue, raw	0.17	0.15	--
15004	Fish, bass, striped, raw	0.17	0.58	--
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.17	0.13	--
15115	Fish, trout, rainbow, wild, raw	0.17	0.42	--
15093	Fish, seatrout, mixed species, raw	0.16	0.21	--
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0.16	0.21	0.17
15176	Mollusks, squid, mixed species, cooked, fried	0.16	0.38	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15091	Fish, sea bass, mixed species, raw	0.16	0.43	--
15109	Fish, surimi	0.16	0.24	--
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0.15	0.03	0.08
15230	Mollusks, octopus, common, cooked, moist heat	0.15	0.16	--
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.15	0.06	0.08
15175	Mollusks, squid, mixed species, raw	0.15	0.34	--
15097	Fish, sheepshead, raw	0.14	0.12	--
15159	Mollusks, clam, mixed species, cooked, moist heat	0.14	0.15	--
15028	Fish, flatfish (flounder and sole species), raw	0.14	0.11	0.02
15049	Fish, mackerel, king, raw	0.14	0.18	--
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.14	0.14	--
15199	Fish, lingcod, cooked, dry heat	0.13	0.13	--
15010	Fish, catfish, channel, wild, raw	0.13	0.23	--
17369	Lamb, New Zealand, imported, liver, raw	0.13	0.16	0.14
15111	Fish, swordfish, cooked, dry heat	0.13	0.77	--
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0.12	0.04	--
15020	Fish, croaker, Atlantic, raw	0.12	0.10	--
15011	Fish, catfish, channel, cooked, breaded and fried	0.12	0.22	--
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0.12	0.05	--
90560	Mollusks, snail, raw	0.12	0.00	--
15148	Crustaceans, lobster, northern, cooked, moist heat	0.12	0.08	0.05
15242	Crustaceans, crayfish, mixed species, farmed, raw	0.12	0.03	--
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.11	0.09	--
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0.11	0.04	0.05
15204	Fish, pike, walleye, cooked, dry heat	0.11	0.29	--
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.11	0.12	--
15026	Fish, eel, mixed species, cooked, dry heat	0.11	0.08	--
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.11	0.24	--
15110	Fish, swordfish, raw	0.11	0.65	0.03
15090	Fish, scup, raw	0.10	0.53	--
15145	Crustaceans, crayfish, mixed species, wild, raw	0.10	0.04	--
15147	Crustaceans, lobster, northern, raw	0.10	0.07	--
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0.10	0.01	0.11
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0.10	0.04	0.05
15061	Fish, perch, mixed species, cooked, dry heat	0.10	0.22	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15140	Crustaceans, crab, blue, cooked, moist heat	0.10	0.07	0.01
15141	Crustaceans, crab, blue, canned	0.10	0.07	--
15233	Fish, catfish, channel, wild, cooked, dry heat	0.10	0.14	--
06963	Fish broth	0.10	0.10	--
15013	Fish, cisco, raw	0.10	0.26	--
15132	Fish, whiting, mixed species, raw	0.09	0.13	--
17367	Lamb, New Zealand, imported, kidney, raw	0.09	0.04	0.05
15205	Fish, pollock, Atlantic, cooked, dry heat	0.09	0.45	--
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0.09	0.24	--
15190	Fish, burbot, cooked, dry heat	0.09	0.12	--
17198	Veal, variety meats and by-products, kidneys, cooked, braised	0.09	0.03	--
15070	Fish, rockfish, Pacific, mixed species, raw	0.09	0.20	0.01
06180	Soup, shark fin, restaurant-prepared	0.09	0.12	--
15064	Fish, pike, walleye, raw	0.09	0.22	--
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.09	0.42	--
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	0.09	0.10	--
15112	Fish, tilefish, raw	0.08	0.34	--
15025	Fish, eel, mixed species, raw	0.08	0.06	--
15098	Fish, sheepshead, cooked, dry heat	0.08	0.11	--
15106	Fish, sturgeon, mixed species, smoked	0.08	0.10	--
11446	Seaweed, laver, raw	0.08	0.00	--
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.08	0.16	--
15035	Fish, haddock, smoked	0.08	0.17	--
15060	Fish, perch, mixed species, raw	0.08	0.17	--
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	0.08	0.13	--
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0.08	0.02	0.04
15166	Mollusks, octopus, common, raw	0.08	0.08	--
15030	Fish, gefiltefish, commercial, sweet recipe	0.08	0.04	--
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.08	0.19	--
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.07	0.10	--
15065	Fish, pollock, Atlantic, raw	0.07	0.35	--
15123	Fish, tuna, fresh, skipjack, raw	0.07	0.18	--
15006	Fish, burbot, raw	0.07	0.10	--
15160	Mollusks, clam, mixed species, canned, drained solids	0.07	0.11	--
15274	Fish, trout, brook, raw, New York State	0.07	0.25	0.05

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.07	0.07	0.01
15036	Fish, halibut, Atlantic and Pacific, raw	0.07	0.13	0.01
15124	Fish, tuna, white, canned in oil, drained solids	0.07	0.18	--
15158	Mollusks, clam, mixed species, cooked, breaded and fried	0.07	0.07	--
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0.07	0.03	0.15
15015	Fish, cod, Atlantic, raw	0.06	0.12	--
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0.06	0.00	0.06
15057	Fish, ocean perch, Atlantic, raw	0.06	0.15	0.02
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0.06	0.00	0.15
17192	Lamb, variety meats and by-products, heart, cooked, braised	0.06	0.04	--
17194	Veal, variety meats and by-products, heart, cooked, braised	0.06	0.00	--
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0.06	0.04	--
35009	Whale, beluga, meat, dried (Alaska Native)	0.06	0.09	--
17373	Lamb, New Zealand, imported, heart, raw	0.06	0.02	0.10
36029	DENNY'S, fish fillet, battered or breaded, fried	0.06	0.11	0.63
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.06	0.44	--
15156	Mollusks, abalone, mixed species, cooked, fried	0.05	--	--
36605	CRACKER BARREL, country fried shrimp platter	--	0.05	0.92
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.05	0.11	0.56
36612	DENNY'S, golden fried shrimp	0.05	0.04	0.83
15034	Fish, haddock, cooked, dry heat	0.05	0.11	--
15101	Fish, snapper, mixed species, raw	0.05	0.26	--
17182	Game meat, raccoon, cooked, roasted	0.05	0.03	--
15027	Fish, fish sticks, frozen, prepared	0.05	0.09	0.24
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.05	0.41	--
17195	Lamb, variety meats and by-products, kidneys, raw	0.05	0.03	--
17197	Veal, variety meats and by-products, kidneys, raw	0.05	0.02	--
36018	APPLEBEE'S, fish, hand battered	0.05	0.11	0.48
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.05	0.12	0.00
15155	Mollusks, abalone, mixed species, raw	0.05	0.00	--
15102	Fish, snapper, mixed species, cooked, dry heat	0.05	0.27	--
15131	Fish, whitefish, mixed species, smoked	0.05	0.16	--
15250	Mollusks, conch, baked or broiled	0.05	0.07	--
15184	Fish, tuna, light, canned in water, without salt, drained solids	0.05	0.22	--
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	0.05	0.09	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11444	Seaweed, irishmoss, raw	0.05	0.00	--
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0.05	0.01	0.14
36016	Restaurant, family style, shrimp, breaded and fried	--	0.04	0.91
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.04	0.06	0.93
15157	Mollusks, clam, mixed species, raw	0.04	0.06	0.02
15033	Fish, haddock, raw	0.04	0.09	0.00
15063	Fish, pike, northern, cooked, dry heat	0.04	0.10	--
15172	Mollusks, scallop, mixed species, raw	0.04	0.06	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.04	0.12	--
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.04	0.00	0.32
17191	Lamb, variety meats and by-products, heart, raw	0.04	0.03	--
15163	Mollusks, cuttlefish, mixed species, raw	0.04	0.07	--
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	0.04	--	0.05
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.04	0.01	0.12
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.04	0.04	--
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0.04	0.01	0.07
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0.04	0.01	0.08
15108	Fish, sunfish, pumpkin seed, raw	0.04	0.07	--
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	0.04	--	--
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0.04	0.55	0.01
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.04	0.02	0.11
06174	Soup, stock, fish, home-prepared	0.04	0.05	--
15032	Fish, grouper, mixed species, cooked, dry heat	0.04	0.21	--
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.04	0.02	0.11
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	0.04	0.02	--
36001	APPLEBEE'S, Double Crunch Shrimp	0.03	0.03	0.98
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.03	0.10	0.00
15062	Fish, pike, northern, raw	0.03	0.07	--
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.03	0.01	0.09
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.03	0.01	0.09
25050	Snacks, yucca (cassava) chips, salted	0.03	0.00	0.06
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0.03	0.01	0.11
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0.03	0.00	0.10
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.03	0.01	0.15
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0.03	0.00	0.07

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0.03	0.00	0.05
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0.03	0.00	0.12
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	0.03	0.11	--
15270	Crustaceans, shrimp, raw (not previously frozen)	0.03	0.03	0.00
17193	Veal, variety meats and by-products, heart, raw	0.03	0.00	--
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0.03	0.01	0.11
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.03	0.06	0.61
21232	McDONALD'S, FILET-O-FISH	0.03	0.06	0.61
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0.03	0.00	0.19
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0.03	0.01	0.09
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0.03	0.01	0.09
21105	Fast foods, fish sandwich, with tartar sauce	0.03	0.06	0.49
21258	BURGER KING, Premium Fish Sandwich	0.03	0.06	0.49
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.03	0.00	0.08
15121	Fish, tuna, light, canned in water, drained solids	0.03	0.20	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0.03	0.01	0.10
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0.03	0.01	0.08
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0.03	0.02	0.06
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.03	0.01	0.28
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0.03	0.01	0.11
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.03	0.02	0.10
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.03	0.02	--
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0.03	0.01	0.06
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0.03	0.00	0.08
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.03	0.00	0.09
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0.03	0.00	0.11
25027	Snacks, plantain chips, salted	0.03	0.00	0.08
15031	Fish, grouper, mixed species, raw	0.03	0.22	--
15119	Fish, tuna, light, canned in oil, drained solids	0.03	0.10	--
15183	Fish, tuna, light, canned in oil, without salt, drained solids	0.03	0.10	--
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.03	0.06	0.00
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.03	0.01	0.16
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0.03	0.01	0.08
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.03	0.01	0.17
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.03	0.01	0.11

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.03	0.00	0.10
15194	Fish, mahimahi, cooked, dry heat	0.03	0.11	--
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0.03	0.01	0.10
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0.03	0.01	0.06
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0.03	0.00	0.06
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.03	0.01	0.06
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.03	0.01	0.14
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.03	0.02	0.01
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	0.03	--	0.04
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	0.03	--	--
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0.03	0.00	0.09
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	0.02	0.01	--
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	0.02	0.01	0.11
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	0.02	--	0.38
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	0.02	--	--
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.02	0.01	0.17
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0.02	0.01	0.07
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.02	0.01	0.18
17449	Lamb, Australian, imported, fresh, external fat, cooked	0.02	0.02	0.53
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.02	0.01	0.15
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.02	0.01	0.08
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.02	0.12	0.74
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	0.02	--	0.05
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	0.02	--	--
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0.02	0.00	0.08
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.02	0.00	0.15
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	0.02	0.00	--
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0.02	0.00	0.08
07973	Turkey bacon, microwaved	0.02	0.01	0.34
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0.02	0.01	0.06
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.02	0.01	0.21
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0.02	0.00	0.14
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0.02	0.01	0.10
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0.02	0.00	0.11
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.02	0.01	0.14

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	0.02	0.01	0.11
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.02	0.01	0.24
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0.02	0.01	0.17
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.02	0.12	0.69
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0.02	0.00	0.11
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0.02	0.01	0.08
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.02	0.00	0.14
93600	Turtle, green, raw	0.02	0.03	--
01002	Butter, whipped, with salt	0.02	0.00	0.28
15268	Fish, cod, Pacific, raw (not previously frozen)	0.02	0.04	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.02	0.01	0.18
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.02	0.01	0.07
17375	Lamb, New Zealand, imported, sweetbread, raw	0.02	0.01	0.04
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.02	0.00	0.06
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0.02	0.01	0.20
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0.02	0.00	0.07
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.02	0.01	0.19
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.02	0.06	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0.02	0.01	0.11
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0.02	0.01	0.28
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0.02	0.00	0.13
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0.02	0.00	0.07
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0.02	0.00	0.08
36620	Restaurant, Chinese, shrimp and vegetables	0.02	0.02	0.26
03010	Babyfood, meat, lamb, strained	0.02	0.00	--
05015	Chicken, broilers or fryers, skin only, raw	0.02	0.03	--
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	0.02	0.03	--
05018	Chicken, broilers or fryers, skin only, cooked, roasted	0.02	0.04	--
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.02	0.03	--
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0.02	0.05	--
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	0.02	0.05	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0.02	0.06	--
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	0.02	0.05	--
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	0.02	0.07	--
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0.02	0.06	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	0.02	0.06	--
05053	Chicken, broilers or fryers, back, meat only, raw	0.02	0.06	--
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	0.02	0.07	--
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	0.02	0.07	--
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	0.02	0.07	--
05084	Chicken, broilers or fryers, neck, meat and skin, raw	0.02	0.06	--
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	0.02	0.04	--
05088	Chicken, broilers or fryers, neck, meat only, raw	0.02	0.08	--
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	0.02	0.08	--
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0.02	0.05	--
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0.02	0.05	--
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	0.02	0.07	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	0.02	0.07	--
05124	Chicken, stewing, meat and skin, cooked, stewed	0.02	0.08	--
05126	Chicken, stewing, meat only, cooked, stewed	0.02	0.09	--
05131	Chicken, stewing, dark meat, meat only, raw	0.02	0.08	--
05138	Chicken, capons, giblets, cooked, simmered	0.02	0.05	--
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	--	0.02	--
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	--	0.02	--
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.02	0.01	0.21
15023	Fish, mahimahi, raw	0.02	0.09	--
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.02	0.07	--
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.02	0.04	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.02	0.01	0.15
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0.02	0.01	0.07
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.02	0.01	0.06
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0.02	0.01	0.07
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.02	0.01	0.12
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.02	0.01	0.11
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0.02	0.01	0.09
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0.02	0.00	0.04
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0.02	0.00	0.07
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0.02	0.00	0.14
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0.02	0.01	0.06

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.02	0.00	0.19
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	0.02	0.01	0.25
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0.02	0.00	0.10
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0.02	0.00	0.11
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0.02	0.01	0.09
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.02	0.00	0.13
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.02	0.01	0.29
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.02	0.01	0.26
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0.02	0.01	--
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.02	0.00	0.04
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	0.02	--	0.05
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	0.02	--	--
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0.02	0.00	0.08
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0.02	0.00	0.05
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0.02	0.00	0.06
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0.02	0.00	0.07
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0.02	0.00	0.05
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0.02	0.00	0.06
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.02	0.00	0.13
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.02	0.00	0.22
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	0.02	--	0.03
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	0.02	--	--
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0.02	0.00	0.06
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0.02	0.00	0.07
23438	Beef, New Zealand, imported, sweetbread, raw	0.02	0.00	0.13
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.02	0.03	--
15234	Fish, catfish, channel, farmed, raw	0.02	0.06	0.05
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.02	0.01	0.13
17154	Veal, Australian, separable fat, raw	0.02	--	0.24
17371	Lamb, New Zealand, imported, ground lamb, raw	0.02	0.00	0.12
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0.02	0.01	0.10
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.02	0.00	0.22
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.02	0.00	0.24
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.02	0.01	0.12
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0.02	0.00	0.05

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.02	0.00	0.03
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0.02	0.00	0.06
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.02	0.00	0.12
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0.02	0.00	0.07
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0.02	0.00	0.09
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.02	0.00	0.14
05178	Turkey, liver, all classes, cooked, simmered	0.02	0.05	0.03
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0.02	0.00	0.04
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.02	0.00	0.09
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0.02	0.01	0.20
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0.02	0.00	0.12
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.02	0.00	0.20
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0.02	0.00	0.10
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0.02	0.01	0.06
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.02	0.00	0.05
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0.02	0.00	0.13
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	0.02	0.00	--
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0.02	0.00	0.09
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.02	0.00	0.04
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0.02	0.00	0.06
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0.02	0.00	0.07
05180	Turkey from whole, neck, meat only, cooked, simmered	0.02	0.01	--
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.02	0.10	--
15271	Crustaceans, shrimp, cooked (not previously frozen)	--	0.02	0.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.02	0.00	0.27
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.02	0.00	0.20
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0.02	0.05	0.14
17377	Lamb, New Zealand, imported, testes, raw	0.02	0.18	0.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.02	0.00	0.21
23418	Beef, New Zealand, imported, inside, raw	0.02	0.00	0.05
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0.02	0.01	0.08
80200	Frog legs, raw	0.01	0.02	--
05335	Chicken, feet, boiled	0.01	0.04	--
07935	Oven-roasted chicken breast roll	0.01	0.02	--
12036	Seeds, sunflower seed kernels, dried	0.01	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	0.01	0.00	0.08
15128	Fish, tuna salad	0.01	0.06	--
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.01	0.00	0.22
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.01	0.00	0.07
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.01	0.00	0.02
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.01	0.00	0.12
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.01	0.01	0.28
18224	Crackers, rusk toast	0.01	0.01	--
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0.01	0.01	--
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.01	0.00	0.06
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.01	0.00	0.12
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.01	0.00	0.14
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.01	0.01	0.14
01253	Cheese, pasteurized process, American, without added vitamin D	0.01	0.01	0.14
05169	Turkey, skin from whole, (light and dark), raw	0.01	0.01	0.61
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.01	0.01	0.14
05188	Turkey, from whole, dark meat, cooked, roasted	0.01	0.00	0.07
05216	Turkey, back, from whole bird, meat only, roasted	0.01	0.00	0.07
05668	Ground turkey, 85% lean, 15% fat, raw	0.01	0.01	0.16
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.01	0.00	0.07
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.01	0.01	0.61
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.01	0.01	0.15
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.01	0.00	0.07
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.01	0.00	0.07
05741	Turkey, thigh, from whole bird, meat only, roasted	0.01	0.00	0.07
15127	Fish, tuna, fresh, yellowfin, raw	0.01	0.09	0.00
16167	USDA Commodity, Peanut Butter, smooth	0.01	0.00	--
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.01	0.00	0.24
18932	Waffles, buttermilk, frozen, ready-to-heat	0.01	0.01	--
23297	Beef, Australian, imported, grass-fed, seam fat, raw	0.01	--	0.20
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	0.01	--	0.02
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	0.01	--	--
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0.01	0.00	0.02
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0.01	0.00	0.02
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.01	0.00	0.23

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
43282	Quail, cooked, total edible	0.01	0.00	--
36606	CRACKER BARREL, farm raised catfish platter	0.01	0.07	0.68
01125	Egg, yolk, raw, fresh	0.01	0.11	--
05311	Chicken, canned, no broth	0.01	0.21	--
05646	Ostrich, inside strip, raw	0.01	0.00	--
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	--	0.01	0.46
15018	Fish, cod, Atlantic, dried and salted	0.01	0.42	--
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.01	0.04	0.26
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	0.01	--	--
18155	Cookies, butter, commercially prepared, enriched	0.01	0.01	--
18421	Cookies, butter, commercially prepared, unenriched	0.01	0.01	--
21416	POPEYES, Coleslaw	0.01	0.00	0.04
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	0.01	--	0.10
23296	Beef, Australian, imported, grass-fed, external fat, raw	0.01	--	0.19
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	0.01	--	0.04
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	0.01	--	--
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0.01	0.00	0.03
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.01	0.00	0.05
01009	Cheese, cheddar	0.01	0.00	--
01017	Cheese, cream	0.01	0.00	0.12
01270	Cheese, cheddar, sharp, sliced	0.01	0.00	0.12
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	0.01	0.03	--
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	0.01	0.04	--
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	0.01	0.04	--
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0.01	0.04	--
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	0.01	0.04	--
05006	Chicken, broilers or fryers, meat and skin, raw	0.01	0.03	--
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.01	0.03	--
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.01	0.05	--
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	0.01	0.04	--
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	0.01	0.04	--
05011	Chicken, broilers or fryers, meat only, raw	0.01	0.03	--
05012	Chicken, broilers or fryers, meat only, cooked, fried	0.01	0.05	--
05013	Chicken, broilers or fryers, meat only, roasted	0.01	0.04	--
05014	Chicken, broilers or fryers, meat only, stewed	0.01	0.04	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	--	0.01	--
05020	Chicken, broilers or fryers, giblets, raw	0.01	0.02	--
05021	Chicken, broilers or fryers, giblets, cooked, fried	0.01	0.04	--
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.01	0.02	--
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	0.01	0.02	--
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.01	0.03	--
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	0.01	0.03	--
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0.01	0.03	--
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0.01	0.03	--
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	0.01	0.04	--
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0.01	0.05	--
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.01	0.02	--
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	0.01	0.03	--
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0.01	0.03	--
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.01	0.03	--
05043	Chicken, broilers or fryers, dark meat, meat only, raw	0.01	0.04	--
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0.01	0.05	--
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0.01	0.05	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	0.01	0.03	--
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.01	0.02	--
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.01	0.02	--
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.01	0.03	--
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0.01	0.03	--
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.01	0.02	--
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	0.01	0.03	--
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	0.01	0.02	--
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.01	0.02	--
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0.01	0.03	--
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0.01	0.04	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0.01	0.04	--
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	0.01	0.05	--
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	0.01	0.04	--
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0.01	0.04	--
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0.01	0.05	--
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	0.01	0.04	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0.01	0.05	--
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	0.01	0.05	--
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	0.01	0.03	--
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	0.01	0.04	--
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	0.01	0.05	--
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0.01	0.04	--
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0.01	0.05	--
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	0.01	0.04	--
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0.01	0.05	--
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	0.01	0.05	--
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0.01	0.04	--
05105	Chicken, broilers or fryers, wing, meat only, raw	0.01	0.05	--
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0.01	0.06	--
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0.01	0.03	--
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	0.01	0.03	--
05112	Chicken, roasting, meat and skin, cooked, roasted	0.01	0.03	--
05113	Chicken, roasting, meat only, raw	0.01	0.03	--
05114	Chicken, roasting, meat only, cooked, roasted	0.01	0.03	--
05115	Chicken, roasting, giblets, raw	0.01	0.02	--
05116	Chicken, roasting, giblets, cooked, simmered	0.01	0.04	--
05119	Chicken, roasting, dark meat, meat only, raw	0.01	0.03	--
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	0.01	0.04	--
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	0.01	0.05	--
05123	Chicken, stewing, meat and skin, raw	0.01	0.05	--
05125	Chicken, stewing, meat only, raw	0.01	0.07	--
05133	Chicken, capons, meat and skin and giblets and neck, raw	0.01	0.02	--
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	0.01	0.03	--
05135	Chicken, capons, meat and skin, raw	0.01	0.02	--
05136	Chicken, capons, meat and skin, cooked, roasted	0.01	0.03	--
05137	Chicken, capons, giblets, raw	0.01	0.04	--
05151	Guinea hen, meat and skin, raw	0.01	0.03	--
05152	Guinea hen, meat only, raw	0.01	0.03	--
05157	Quail, meat and skin, raw	0.01	0.00	--
05158	Quail, meat only, raw	0.01	0.00	--
05159	Quail, breast, meat only, raw	0.01	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05160	Squab, (pigeon), meat and skin, raw	0.01	0.02	--
05161	Squab, (pigeon), meat only, raw	0.01	0.03	--
05162	Squab, (pigeon), light meat without skin, raw	0.01	0.02	--
05170	Turkey, skin from whole (light and dark), roasted	--	0.01	0.66
05172	Turkey, whole, giblets, cooked, simmered	0.01	0.03	0.03
05277	Chicken, canned, meat only, with broth	0.01	0.02	--
05306	Ground turkey, cooked	0.01	0.01	0.14
05307	Chicken, cornish game hens, meat and skin, raw	--	0.01	--
05309	Chicken, cornish game hens, meat only, raw	0.01	0.02	--
05310	Chicken, cornish game hens, meat only, cooked, roasted	0.01	0.02	--
05336	USDA Commodity Chicken, canned, meat only, drained	0.01	0.04	--
05627	Emu, full rump, cooked, broiled	0.01	0.02	--
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	--	0.01	0.66
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0.01	0.01	0.67
06030	Soup, clam chowder, new england, canned, condensed	0.01	0.01	--
10112	Pork, fresh, variety meats and by-products, lungs, raw	--	0.01	--
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	--	0.01	--
13001	Beef, carcass, separable lean and fat, choice, raw	0.01	0.00	--
13002	Beef, carcass, separable lean and fat, select, raw	0.01	0.00	--
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0.01	0.00	0.16
21486	Fast foods, taco with beef, cheese and lettuce, soft	0.01	0.00	0.16
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.03
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01	0.00	0.03
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0.01	0.00	0.08
23431	Beef, New Zealand, imported, ribs prepared, raw	0.01	0.00	0.04
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0.01	0.00	0.06
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.01	0.00	1.74
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	0.01	0.00	1.74
36615	DENNY'S, top sirloin steak	0.01	0.00	0.03
36608	CRACKER BARREL, grilled sirloin steak	0.01	0.00	0.04
01053	Cream, fluid, heavy whipping	0.01	0.00	0.12
01227	Cheese, dry white, queso seco	0.01	0.00	0.11
01229	Cheese, white, queso blanco	0.01	0.00	0.10
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.01	0.04	--
05176	Turkey, heart, all classes, cooked, simmered	0.01	0.00	0.05

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05177	Turkey, liver, all classes, raw	0.01	0.04	0.04
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.01	0.00	0.05
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0.01	0.00	0.08
17000	Veal, Australian, rib, rib roast, separable lean only, raw	0.01	--	0.03
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.01	0.00	0.29
21059	Fast foods, shrimp, breaded and fried	0.01	0.01	--
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0.01	0.00	0.04
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0.01	0.00	0.26
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0.01	0.00	0.05
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.01	0.00	0.12
01228	Cheese, fresh, queso fresco	0.01	0.00	0.10
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.01	0.00	0.09
01254	Cheese food, pasteurized process, American, without added vitamin D	0.01	0.00	0.12
02011	Spices, cloves, ground	0.01	0.00	0.58
05166	Turkey, whole, meat and skin, cooked, roasted	0.01	0.00	0.10
05168	Turkey, whole, meat only, cooked, roasted	0.01	0.00	0.04
05332	Chicken, ground, raw	0.01	0.02	0.06
05333	Chicken, ground, crumbles, cooked, pan-browned	0.01	0.03	0.08
05337	USDA Commodity, Chicken, canned, meat only, with water	0.01	0.03	--
05338	USDA Commodity, Chicken, canned, meat only, with broth	0.01	0.03	--
05649	Ostrich, outside strip, raw	0.01	0.00	--
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.01	0.01	0.38
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.01	0.00	0.12
05707	Turkey, whole, meat and skin, with added solution, roasted	0.01	0.00	0.11
05714	Turkey, skin, from retail parts, from dark meat, raw	0.01	0.01	0.68
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.01	0.00	0.03
11442	Seaweed, agar, raw	0.01	0.00	--
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	0.01	0.00	2.02
15178	Mollusks, whelk, unspecified, cooked, moist heat	0.01	0.01	--
18212	Cookies, vanilla wafers, lower fat	0.01	0.00	--
18256	Doughnuts, yeast-leavened, with jelly filling	0.01	0.01	--
18344	Rolls, dinner, egg	0.01	0.00	--
18940	Muffin, blueberry, commercially prepared, low-fat	0.01	0.00	--
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.01	0.00	0.15
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.01	0.00	0.15

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.01	0.00	0.02
28345	Crackers, gluten-free, multi-seeded and multigrain	0.01	0.00	0.92
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	0.01	0.00	0.92
43015	Salad dressing, caesar dressing, regular	0.01	0.02	--
36013	Restaurant, family style, sirloin steak	0.01	0.00	0.03
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.01	0.01	0.67
43497	Jellyfish, dried, salted	0.01	0.25	--
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.01	0.01	0.04
05673	Chicken, skin (drumsticks and thighs), cooked, braised	--	0.01	0.38
05674	Chicken, skin (drumsticks and thighs), raw	--	0.01	0.40
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.01	0.01	0.38
05705	Turkey, whole, meat only, with added solution, roasted	0.01	0.00	0.04
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.01	0.02	0.02
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	--	0.01	0.30
07043	Roast beef, deli style, prepackaged, sliced	0.01	0.00	0.02
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	--	0.01	0.21
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	0.01	0.00	0.26
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	0.01	--	0.05
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	0.01	--	0.06
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	0.01	--	0.10
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	0.01	--	0.09
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0.01	0.00	0.21
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	0.01	0.01	--
23503	USDA Commodity, beef, patties (100%), frozen, cooked	0.01	0.00	--
01056	Cream, sour, cultured	0.01	0.00	0.07
01260	Cheese, cheddar, reduced fat	0.01	0.00	0.06
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.01	0.00	0.07
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.01	0.01	0.04
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.01	0.00	0.12
05305	Ground turkey, raw	0.01	0.01	0.10
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	--	0.01	0.38
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	--	0.01	0.18
07254	Turkey bacon, unprepared	0.01	0.01	0.24
08074	Cereals ready-to-eat, RALSTON TASTEEOS	0.01	0.00	--
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.01	0.01	0.20

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
15232	Fish, roughy, orange, cooked, dry heat	0.01	0.02	0.00
17184	Game meat, squirrel, cooked, roasted	0.01	0.10	--
18163	Cookies, chocolate chip, refrigerated dough	0.01	0.00	--
19003	Snacks, corn-based, extruded, chips, plain	0.01	0.00	0.26
21096	Fast foods, cheeseburger; single, large patty; plain	0.01	0.00	0.12
21127	Fast foods, coleslaw	0.01	0.00	0.28
21488	Fast foods, quesadilla, with chicken	0.01	0.00	0.45
21506	BURGER KING, Double Cheeseburger	0.01	0.00	0.10
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	0.01	0.00	--
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.01	0.00	0.01
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.01	0.00	0.01
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.01	0.00	0.01
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01	0.00	0.01
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01	0.00	0.01
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01	0.00	0.01
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.01	0.00	0.02
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.02
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.01	0.00	0.02
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01	0.00	0.04
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01	0.00	0.03
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	0.00	0.03
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.01	--	--
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	0.01	--	--
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.01	--	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0.01	--	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0.01	0.00	0.12
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	0.01	0.00	--
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0.01	0.00	0.03
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.01	0.00	0.09
28348	Rolls, dinner, sweet	0.00	0.01	0.04
36000	APPLEBEE'S, 9 oz house sirloin steak	0.00	0.00	0.02
36052	Restaurant, Mexican, cheese quesadilla	0.00	0.00	0.16
36618	Restaurant, Chinese, general tso's chicken	--	0.00	0.84
43021	Salad dressing, caesar, low calorie	0.00	0.01	--
43287	Dove, cooked (includes squab)	0.00	0.02	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01029	Cheese, mozzarella, low moisture, part-skim	0.00	0.00	--
01050	Cream, fluid, light (coffee cream or table cream)	0.00	0.00	0.06
01129	Egg, whole, cooked, hard-boiled	0.00	0.04	--
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	--	0.00	0.06
05171	Turkey, whole, giblets, raw	0.00	0.02	0.04
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	--	0.00	0.08
05665	Ground turkey, 93% lean, 7% fat, raw	0.00	0.01	0.12
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	--	0.00	0.09
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	--	0.00	0.04
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	--	0.00	0.12
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.00	0.01	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.00	0.01	0.20
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	--	0.00	0.08
05734	Turkey, retail parts, wing, meat and skin, raw	0.00	0.01	0.20
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.00	0.01	0.20
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	--	0.00	--
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	--	0.00	--
07972	Meatballs, frozen, Italian style	0.00	0.00	0.16
10861	Pork, cured, bacon, cooked, microwaved	0.00	0.01	0.20
10972	Pork, ground, 84% lean / 16% fat, raw	0.00	0.01	0.09
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.00	0.01	0.12
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0.00	0.01	0.14
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.00	0.00	0.08
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.00	0.00	0.08
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.00	0.00	0.08
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.00	0.00	0.01
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.01
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00	0.00	0.01
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.01
15261	Fish, tilapia, raw	0.00	0.09	0.03
15262	Fish, tilapia, cooked, dry heat	0.00	0.13	0.04
18403	Waffles, plain, frozen, ready -to-heat, toasted	0.00	0.00	--
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	0.00	0.00	0.17
21089	Fast foods, cheeseburger; single, regular patty; plain	0.00	0.00	0.12
21107	Fast foods, hamburger; single, regular patty; plain	0.00	0.00	0.12

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
21121	Fast foods, roast beef sandwich, plain	0.00	0.00	0.15
21260	TACO BELL, Original Taco with beef, cheese and lettuce	0.00	0.00	0.17
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.00	0.00	0.45
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	0.00	0.00	0.35
21344	McDONALD'S, Double Cheeseburger	0.00	0.00	0.12
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0.00	0.00	0.11
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	0.00	0.00	0.36
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	0.00	0.00	0.31
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.00	0.01	--
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	0.00	0.00	0.36
21527	ARBY'S, roast beef sandwich, classic	0.00	0.00	0.15
22953	Egg rolls, pork, refrigerated, heated	0.00	0.00	--
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.01
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	0.00	0.00	0.01
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	0.00	0.00	0.01
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.02
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.02
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	0.04
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.03
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	--
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.00	--	0.02
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.00	--	--
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.00	--	0.02
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.00	--	0.01
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.00	--	0.04
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.00	--	0.02
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.00	--	0.03
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0.00	--	--
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.01
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.01
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.01
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.01
25028	Tortilla chips, yellow, plain, salted	0.00	0.00	0.31

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01225	Dulce de Leche	0.00	0.00	0.05
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.00	0.00	0.04
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.00	0.01	0.08
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.00	0.01	0.04
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.00	0.01	--
05080	Chicken, broilers or fryers, leg, meat only, raw	0.00	0.01	0.02
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.00	0.01	0.14
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.00	0.01	0.16
05111	Canada Goose, breast meat, skinless, raw	0.00	0.01	0.03
05174	Turkey, gizzard, all classes, cooked, simmered	0.00	0.01	0.02
05186	Turkey, all classes, light meat, cooked, roasted	--	0.00	0.02
05220	Turkey, breast, from whole bird, meat only, roasted	--	0.00	0.02
05228	Turkey, wing, from whole bird, meat only, roasted	--	0.00	0.02
05626	Emu, full rump, raw	0.00	0.00	--
05629	Emu, inside drums, cooked, broiled	0.00	0.01	--
05664	Ground turkey, fat free, patties, broiled	0.00	0.01	0.03
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.00	0.01	0.18
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.00	0.01	0.17
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.00	0.00	0.04
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.00	0.01	0.05
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.00	0.01	0.07
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.00	0.01	0.09
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.00	0.01	0.08
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.00	0.01	0.09
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	--	0.00	0.02
05706	Turkey, whole, meat and skin, with added solution, raw	0.00	0.01	0.19
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	--	0.00	0.02
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	--	0.00	0.02
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.00	0.01	0.13
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	--	0.00	0.02
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0.00	0.01	--
05739	Turkey, drumstick, from whole bird, meat only, roasted	--	0.00	0.02
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.00	0.01	--
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.00	0.01	0.03
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.00	0.01	0.02

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.00	0.01	0.02
07007	Bologna, beef	0.00	0.00	0.10
07021	Dutch brand loaf, chicken, pork and beef	0.00	0.02	--
07022	Frankfurter, beef, unheated	0.00	0.00	0.08
07057	Pepperoni, beef and pork, sliced	--	0.00	0.16
07072	Salami, dry or hard, pork, beef	0.00	0.01	0.18
07953	Pork sausage, link/patty, fully cooked, microwaved	0.00	0.01	0.29
07962	Frankfurter, meat and poultry, unheated	0.00	0.01	0.24
07963	Frankfurter, meat and poultry, cooked, boiled	0.00	0.01	0.25
07964	Frankfurter, meat and poultry, cooked, grilled	0.00	0.01	0.26
07968	Kielbasa, fully cooked, grilled	0.00	0.01	0.25
07969	Kielbasa, fully cooked, pan-fried	0.00	0.01	0.28
07970	Kielbasa, fully cooked, unheated	0.00	0.01	0.24
07974	Bacon, turkey, low sodium	0.00	0.00	--
10123	Pork, cured, bacon, unprepared	0.00	0.00	0.23
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.00	0.01	0.22
11445	Seaweed, kelp, raw	0.00	0.00	--
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.01
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.01
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.01
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.02
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.02
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.02
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.02
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
15016	Fish, cod, Atlantic, cooked, dry heat	0.00	0.15	--
15017	Fish, cod, Atlantic, canned, solids and liquid	0.00	0.15	--
15073	Fish, roughy, orange, raw	0.00	0.02	0.00
15177	Mollusks, whelk, unspecified, raw	0.00	0.01	--
18064	Bread, wheat	0.00	0.00	0.16
18175	Cookies, ladyfingers, with lemon juice and rind	0.00	0.04	--
18185	Cookies, peanut butter, commercially prepared, regular	0.00	0.00	0.08
18213	Cookies, vanilla wafers, higher fat	0.00	0.00	0.71

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18365	Waffles, plain, frozen, ready-to-heat	0.00	0.00	--
18423	Cookies, ladyfingers, without lemon juice and rind	0.00	0.04	--
19361	Syrups, table blends, cane and 15% maple	0.00	0.00	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.00	0.00	0.01
21061	Fast foods, burrito, with beans and cheese	0.00	0.00	0.34
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	0.00	0.00	0.11
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.00	0.00	0.06
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.00	0.00	0.06
21264	TACO BELL, Bean Burrito	0.00	0.00	0.34
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0.00	0.00	0.18
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0.00	0.00	0.19
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0.00	0.00	0.16
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0.00	0.00	0.35
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0.00	0.00	0.24
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0.00	0.00	0.35
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0.00	0.00	0.18
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0.00	0.00	0.31
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	0.00	0.00	0.18
21340	McDONALD'S, Sausage Burrito	0.00	0.02	0.23
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	--	0.00	0.01
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	0.00	0.01	--
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	0.00	0.00	0.27
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	0.00	0.00	0.46
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	0.00	0.00	0.18
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	0.00	0.00	0.35
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.00	0.00	0.46
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.00	0.00	0.36
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0.00	0.02	0.23
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	0.00	0.00	0.70
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.00	0.00	0.46
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.00	0.00	0.36
21525	PIZZA HUT, breadstick, parmesan garlic	0.00	0.00	0.70
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	0.00	0.00	0.13
22973	Corn dogs, frozen, prepared	0.00	0.00	0.18
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.00	0.00	0.45

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.00	0.00	0.03
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.00	0.00	0.01
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.01
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	0.00	0.00	0.02
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.02
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.00	0.00	0.02
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.02
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	--
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	--
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.01
23501	USDA Commodity, beef patties with VPP, frozen, cooked	0.00	0.00	--
23506	USDA Commodity, beef patties with VPP, frozen, raw	0.00	0.01	--
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.00	0.00	0.03
36004	APPLEBEE'S, mozzarella sticks	0.00	0.00	0.50
36008	T.G.I. FRIDAY'S, fried mozzarella	0.00	0.00	0.58
36012	Restaurant, family style, fried mozzarella sticks	0.00	0.00	0.54
36050	Restaurant, Mexican, cheese enchilada	0.00	0.00	0.25
36051	ON THE BORDER, cheese quesadilla	0.00	0.00	0.20

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0.00	0.00	0.09
36603	Restaurant, Chinese, beef and vegetables	0.00	0.00	0.26
36622	Restaurant, Chinese, sweet and sour pork	0.00	0.00	0.78
27064	Wasabi	0.00	0.00	0.15
27066	Sauce, horseradish	0.00	0.00	3.41
28333	Cookies, gluten-free, chocolate wafer	0.00	0.00	0.12
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.00	0.00	0.01
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.00	0.00	0.02
28346	Waffles, gluten-free, frozen, ready-to-heat	0.00	0.00	0.77
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.00	0.00	0.28
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.00	0.00	0.12
28368	SCHAR, Gluten-Free, Classic White Rolls	0.00	0.00	0.02
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.00	0.00	0.28
28375	VAN'S, Gluten Free, Totally Original Waffles	0.00	0.00	0.77
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.00	0.00	0.30
32031	Salisbury steak with gravy, frozen	0.00	0.00	0.06
32032	Sausage, egg and cheese breakfast biscuit	0.00	0.01	0.18
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	--	0.00	0.06
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.00	0.01	0.18
36042	OLIVE GARDEN, lasagna classico	0.00	0.00	0.06
36049	ON THE BORDER, cheese enchilada	0.00	0.00	0.19
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.00	0.00	0.33
36414	Restaurant, Latino, tripe soup	0.00	0.00	0.02
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.00	0.00	0.06
36611	DENNY'S, mozzarella cheese sticks	0.00	0.00	0.52
36617	Restaurant, Chinese, lemon chicken	--	0.00	0.66
36619	Restaurant, Chinese, kung pao chicken	--	0.00	0.24
36621	Restaurant, Chinese, sweet and sour chicken	--	0.00	0.77
36633	Restaurant, Chinese, sesame chicken	0.00	0.00	0.77
01049	Cream, fluid, half and half	0.00	0.00	0.04
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.00	0.00	0.01
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.00	0.01	0.08
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.00	0.01	0.03
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.00	0.01	0.11
05183	Turkey, dark meat, meat and skin, raw	--	0.00	0.11

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05363	Ruffed Grouse, breast meat, skinless, raw	0.00	0.01	0.01
05663	Ground turkey, fat free, pan-broiled crumbles	0.00	0.01	0.03
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.00	0.01	0.02
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.00	0.01	0.04
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.00	0.01	0.14
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.00	0.00	0.14
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.00	0.01	0.07
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.00	0.01	0.10
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0.00	0.01	0.10
05732	Turkey, retail parts, breast, meat and skin, raw	--	0.00	--
05736	Turkey, retail parts, drumstick, meat and skin, raw	0.00	0.01	--
05742	Turkey, retail parts, thigh, meat and skin, raw	0.00	0.01	0.14
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.00	0.01	0.02
07024	Frankfurter, chicken	--	0.00	0.33
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	0.00	0.01	--
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	0.00	0.01	--
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.00	0.00	0.11
07967	Pork sausage, link/patty, fully cooked, unheated	0.00	0.01	0.25
07971	Bologna, meat and poultry	0.00	0.01	0.20
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	0.00	0.01	--
10973	Pork, ground, 96% lean / 4% fat, raw	0.00	0.01	0.03
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.00	0.00	0.03
11212	Edamame, frozen, prepared	0.00	0.00	0.36
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	--
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	0.00	0.00	--
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	0.00	0.00	--
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.02
13317	Beef, ground, patties, frozen, cooked, broiled	0.00	0.00	0.04
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.02
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	--
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	--
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.04
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.00	0.00	0.04
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	--
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.02

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.00	0.00	0.02
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	--
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	--
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.02
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.02
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.01
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0.00	0.00	0.02
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.00	0.00	--
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.00	0.00	--
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.00	0.00	--
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.00	0.00	--
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	--
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.00	0.00	--
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	--
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	--
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.00	0.00	--
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	--
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	0.00	0.00	--
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.00	0.00	--
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.00	0.00	--
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.00	0.00	--
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.01
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.00
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	0.00	0.00	0.06
18055	Bread, reduced-calorie, wheat	0.00	0.00	0.09
18157	Cookies, chocolate wafers	0.00	0.00	--
18239	Croissants, butter	0.00	0.00	--
18244	Danish pastry, cinnamon, enriched	0.00	0.00	--
18430	Danish pastry, cinnamon, unenriched	0.00	0.00	--
18967	Bread, white wheat	0.00	0.00	0.08
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0.00	0.00	0.47
19095	Ice creams, vanilla	0.00	0.00	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0.00	0.00	0.03
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.00	0.00	0.03
21010	Fast foods, biscuit, with crispy chicken fillet	--	0.00	0.20
21012	Fast foods, croissant, with egg, cheese, and bacon	0.00	0.02	--
21102	Fast foods, chicken fillet sandwich, plain with pickles	--	0.00	0.20
21250	BURGER KING, Hamburger	0.00	0.00	0.11
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0.00	0.00	0.26
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0.00	0.00	0.25
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0.00	0.00	0.18
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	0.00	0.00	0.30
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0.00	0.00	0.24
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0.00	0.00	0.07
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.00	0.01	0.26
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0.00	0.00	0.08
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0.00	0.00	0.09
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0.00	0.00	0.18
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0.00	0.00	0.18
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.00	0.00	--
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	--	0.00	0.04
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.00	0.01	0.05
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	--	0.00	0.09
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.00	0.00	--
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0.00	0.00	0.06
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.00	0.01	0.18

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.00	0.00	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.00	0.00	--
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0.00	0.00	0.17
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.00	0.00	0.11
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0.00	0.00	0.18
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.00	0.00	0.13
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	0.00	0.00	0.30
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	0.00	0.00	0.19
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	0.00	0.00	0.20
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	0.00	0.00	0.25
21505	Pizza, cheese topping, thin crust, frozen, cooked	0.00	0.00	0.11
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0.00	0.00	0.24
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0.00	0.00	0.15
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0.00	0.00	0.15
21522	McDONALD'S, Southern Style Chicken Biscuit	--	0.00	0.20
21526	CHICK-FIL-A, chicken sandwich	--	0.00	0.20
22902	Pizza, meat topping, thick crust, frozen, cooked	0.00	0.00	0.22
22954	Egg rolls, chicken, refrigerated, heated	0.00	0.00	--
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	--	0.00	0.55
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.02
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.00	0.00	0.02
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.02
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.04
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.00	0.00	0.02
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.03
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.00	0.00	0.03
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	0.02
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	0.02
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.02
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.00	0.00	0.04
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	0.04
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.02
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23220	Beef, ground, unspecified fat content, cooked	0.00	0.00	0.04
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.03
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	--
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	--
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	--
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.02
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.02
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.02
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.02
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.01
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.02
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.01
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.00	0.00	0.01
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0.00	0.00	0.01
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.01
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0.00	0.00	0.04
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0.00	0.00	0.05
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0.00	0.00	0.05
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.00	0.00	--
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	--
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.00	0.00	--
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.00	0.00	--
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.00	0.00	--
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	0.00	0.00	--
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.00	0.00	--
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.00	0.00	--
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.00	0.00	--
25046	Snacks, bagel chips, plain	0.00	0.00	0.06
01238	Ice cream sandwich	0.00	0.00	--
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.00	0.01	0.03
05165	Turkey, whole, meat and skin, raw	0.00	0.00	0.07
05175	Turkey, heart, all classes, raw	0.00	0.01	0.09
05179	Turkey from whole, neck, meat only, raw	0.00	0.00	--
05181	Turkey from whole, light meat, meat and skin, raw	0.00	0.00	0.10
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.00	0.00	0.01
05628	Emu, inside drum, raw	0.00	0.00	--
05662	Ground turkey, fat free, raw	0.00	0.01	0.02
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.00	0.01	0.03
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.00	0.00	0.04
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.00	0.01	0.01
05712	Turkey, retail parts, wing, meat only, raw	0.00	0.00	0.02
05716	Turkey, retail parts, drumstick, meat only, raw	0.00	0.01	0.05
05717	Turkey, retail parts, thigh, meat only, raw	0.00	0.00	0.03
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.00	0.00	0.04
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.00	0.00	0.04
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.00	0.00	0.04
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.00	0.01	--
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.00	0.00	0.01
06626	Sauce, pesto, ready-to-serve, refrigerated	0.00	0.00	1.27

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0.00	0.00	1.27
07063	Pork sausage, link/patty, unprepared	0.00	0.00	0.12
07064	Pork sausage, link/patty, cooked, pan-fried	0.00	0.00	0.14
07081	Turkey breast, sliced, prepackaged	0.00	0.00	0.05
07979	Sausage, pork, turkey, and beef, reduced sodium	--	0.00	--
08037	Cereals ready-to-eat, granola, homemade	0.00	0.00	--
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.00	0.00	0.02
13000	Beef, grass-fed, strip steaks, lean only, raw	0.00	0.00	0.02
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	--
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	--
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.01
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.02
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.01
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.02
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.02
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0.00	0.00	0.01
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0.00	0.00	0.01
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0.00	0.00	0.01
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	0.00	0.00	--
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0.00	0.00	0.01
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.00	0.00	0.01
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.01
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.02
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0.00	0.00	0.01
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.01
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.01
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.02
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0.00	0.00	0.01
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.01
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.01
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.00	0.00	0.02
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.02
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.02

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	0.00	--
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.03
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.04
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.03
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.04
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.01
17142	Veal, ground, raw	0.00	0.00	--
18237	Cream puff shell, prepared from recipe	0.00	0.02	--
18241	Croissants, cheese	--	0.00	--
18251	Doughnuts, cake-type, chocolate, sugared or glazed	--	0.00	--
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	--	0.00	--
18954	Bread, pound cake type, pan de torta salvadoran	0.00	0.01	1.16
18960	Crackers, snack, GOYA CRACKERS	0.00	0.00	0.04
18963	Garlic bread, frozen	0.00	0.00	0.01
18964	Cinnamon buns, frosted (includes honey buns)	0.00	0.00	0.22
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.00	0.00	0.50
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	0.00	0.00	--
19260	Ice creams, vanilla, light, no sugar added	0.00	0.00	--
19410	Snack, potato chips, made from dried potatoes, plain	0.00	0.00	0.05
20657	Pasta, gluten-free, corn and rice flour, cooked	0.00	0.00	0.01
21002	Fast foods, biscuit, with egg	0.00	0.02	--
21004	Fast foods, biscuit, with egg and ham	0.00	0.02	--
21013	Fast foods, croissant, with egg, cheese, and ham	0.00	0.02	--
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.00	0.02	0.11
21064	Fast foods, burrito, with beans, cheese, and beef	0.00	0.00	0.20
21108	Fast foods, hamburger; single, regular patty; with condiments	0.00	0.00	0.13
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0.00	0.00	0.07
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0.00	0.00	0.07
21228	McDONALD'S, Hamburger	0.00	0.00	0.13
21246	WENDY'S, Chicken Nuggets	0.00	0.00	0.76
21265	TACO BELL, BURRITO SUPREME with beef	0.00	0.00	0.20
21357	McDONALD'S, Egg McMUFFIN	0.00	0.02	0.11
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.00	0.00	0.11
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.00	0.00	0.06
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.00	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.00	0.00	--
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.00	0.00	0.28
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0.00	0.00	0.28
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0.00	0.00	0.34
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0.00	0.00	0.38
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0.00	0.00	0.06
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.00	0.00	--
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.00	0.00	--
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.00	0.00	0.09
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.00	0.00	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.00	0.00	0.13
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.00	0.00	0.15
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0.00	0.00	0.14
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	--	0.00	0.12
21507	WENDY'S, Double Stack, with cheese	0.00	0.00	0.09
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	0.00	0.00	--
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	0.00	0.00	--
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	0.00	0.00	--
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	--	0.00	--
21611	School Lunch, chicken nuggets, whole grain breaded	--	0.00	--
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	--	0.00	0.17
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.00	0.00	0.01
22911	Chili, no beans, canned entree	0.00	0.00	--
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	--	0.00	0.25
22970	Macaroni and cheese, frozen entree	0.00	0.00	0.15
22972	Pulled pork in barbecue sauce	--	0.00	0.03
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.03
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.03
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00	0.00	0.02
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.03
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.03
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.04
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00	0.00	0.03
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.03
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0.00	0.00	0.00

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23094	Beef, chuck for stew, separable lean and fat, select, raw	0.00	0.00	0.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0.00	0.00	0.00
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.02
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.03
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.03
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.03
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.04
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.02
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.02
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.02
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	0.02
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.02
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	0.00	0.00	--
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.03
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.04
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.04
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.04
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	0.04
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	0.04
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	0.03
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	--
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	--
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	--
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	--
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	--
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00	0.00	--
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	0.00	0.01
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.01
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.01
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	0.00	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	--	0.00	0.01
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	0.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	0.01
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	0.00	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.00	0.00	0.01
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.01
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00	0.00	0.02
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.02
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.03
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	0.03
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.01
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.02
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	0.00	0.00	0.01
23567	Beef, ground, 85% lean meat / 15% fat, raw	0.00	0.00	0.04
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.00	0.00	--
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	--
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	--
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	--
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	--
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	--
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	0.00	0.00	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.00	0.00	0.05

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
28334	Cookies, gluten-free, lemon wafer	0.00	0.00	0.09
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.00	0.00	0.41
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.00	0.00	0.57
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.00	0.00	0.80
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.00	0.00	0.05
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.00	0.00	0.05
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.00	0.00	0.09
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.00	0.00	0.57
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.00	0.00	0.77
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.00	0.00	0.80
31036	Potatoes, mashed, ready-to-eat	0.00	0.00	0.08
32020	Chicken, thighs, frozen, breaded, reheated	0.00	0.00	0.23
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	0.00	0.00	--
36019	APPLEBEE'S, chili	0.00	0.00	0.04
36037	Restaurant, family style, chili with meat and beans	0.00	0.00	0.04
36040	CRACKER BARREL, macaroni n' cheese	0.00	0.00	0.42
36041	Restaurant, Italian, lasagna with meat	0.00	0.00	0.06
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.00	0.00	0.12
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0.00	0.00	0.08
36403	Restaurant, Latino, empanadas, beef, prepared	--	0.00	0.30
36412	Restaurant, Latino, tamale, pork	--	0.00	0.10
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.00	0.00	1.29
36623	Restaurant, Chinese, chicken chow mein	--	0.00	0.13
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.00	0.00	0.18
27062	Soup, beef barley, ready to serve	0.00	0.00	0.02
28308	Crackers, standard snack-type, with whole wheat	0.00	0.00	0.86
32007	Taquitos, frozen, beef and cheese, oven-heated	0.00	0.00	0.62
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	0.00	0.00	0.02
35237	Tamales, masa and pork filling (Hopi)	0.00	0.00	0.03
36002	APPLEBEE'S, french fries	0.00	0.00	0.73
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.00	0.00	1.20
36015	Restaurant, family style, chicken fingers, from kid's menu	0.00	0.00	0.97
36023	APPLEBEE'S, chicken tenders platter	0.00	0.00	0.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.00	0.00	0.83
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.00	0.00	0.05

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.00	0.00	0.03
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.00	0.00	0.04
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.00	0.00	0.06
36056	Restaurant, Mexican, cheese tamales	0.00	0.00	0.20
36058	OLIVE GARDEN, chicken parmigiana without pasta	--	0.00	0.22
36059	Restaurant, Italian, chicken parmesan without pasta	0.00	0.00	0.22
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	0.00	0.00	0.06
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.00	0.00	0.12
36411	Restaurant, Latino, tamale, corn	0.00	0.00	0.10
36413	Restaurant, Latino, black bean soup	0.00	0.00	0.22
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.00	0.00	0.85
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.00	0.00	0.43
36629	Restaurant, Chinese, orange chicken	0.00	0.00	0.62
36630	Restaurant, Italian, spaghetti with meat sauce	--	0.00	0.04
36631	OLIVE GARDEN, spaghetti with meat sauce	--	0.00	0.04
42137	Salad dressing, peppercorn dressing, commercial, regular	0.00	0.01	--
43008	Babyfood, dinner, chicken and rice	0.00	0.00	--
43285	Eggs, scrambled, frozen mixture	0.00	0.00	--
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.00	0.00	--
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.00	0.00	--
01015	Cheese, cottage, lowfat, 2% milkfat	0.00	0.00	0.01
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.00	0.00	0.01
01239	Ice cream cookie sandwich	--	0.00	--
01241	Ice cream sandwich, made with light ice cream, vanilla	0.00	0.00	--
01242	Ice cream sandwich, vanilla, light, no sugar added	0.00	0.00	--
03068	Babyfood, dinner, chicken noodle, strained	0.00	0.00	--
03069	Babyfood, dinner, chicken noodle, junior	0.00	0.00	--
05187	Turkey from whole, dark meat, meat only, raw	0.00	0.00	--
05710	Turkey, retail parts, breast, meat only, raw	0.00	0.00	0.02
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.00	0.00	0.03
05740	Turkey, thigh, from whole bird, meat only, raw	0.00	0.00	--
06128	Soup, chicken noodle, dry, mix	0.00	0.00	--
06176	Sauce, oyster, ready-to-serve	--	0.00	--
06179	Sauce, fish, ready-to-serve	0.00	0.00	--
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.00	0.00	2.29

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.00	0.00	0.03
06749	Soup, beef and vegetables, canned, ready-to-serve	0.00	0.00	--
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	0.00	0.00	0.02
07933	Chicken breast, oven-roasted, fat-free, sliced	0.00	0.00	--
07940	Macaroni and cheese loaf, chicken, pork and beef	0.00	0.00	--
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.00	0.00	0.02
07965	Pork sausage, link/patty, reduced fat, unprepared	--	0.00	0.08
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0.00	0.00	0.02
09446	Plantains, green, fried	0.00	0.00	0.21
09447	Plantains, yellow, fried, Latino restaurant	--	0.00	0.22
10130	Canadian bacon, unprepared	--	0.00	0.01
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	--	0.00	0.10
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	--	0.00	0.02
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	--	0.00	0.04
11656	Corn pudding, home prepared	0.00	0.01	--
11658	Spinach souffle	0.00	0.01	--
11672	Potato pancakes	0.00	0.01	--
13047	Beef, grass-fed, ground, raw	0.00	0.00	0.07
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.00
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	0.00	0.01
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.01
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	--
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	--
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	0.00	0.01
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	--
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.02
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.02
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	0.00	0.00	--
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00	0.00	0.01
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.02
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.03
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
15162	Mollusks, clam, mixed species, canned, liquid	0.00	0.00	--
17104	Veal, loin, separable lean and fat, raw	0.00	0.00	--
17107	Veal, loin, separable lean only, raw	0.00	0.00	--
17128	Veal, shoulder, blade chop, separable lean and fat, raw	0.00	0.00	--
17131	Veal, shoulder, blade chop, separable lean only, raw	0.00	0.00	--
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	0.00	0.00	--
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	0.00	0.00	--
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	0.00	0.00	--
18027	Bread, egg	0.00	0.01	--
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.00	0.00	0.17
18103	Coffeecake, cheese	0.00	0.01	--
18105	Coffeecake, creme-filled with chocolate frosting	0.00	0.01	--
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.00	0.01	0.37
18121	Cake, pound, commercially prepared, other than all butter, enriched	0.00	0.01	--
18133	Cake, sponge, commercially prepared	0.00	0.01	--
18134	Cake, sponge, prepared from recipe	0.00	0.02	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.00	0.01	--
18154	Cookies, brownies, prepared from recipe	0.00	0.01	--
18182	Cookies, oatmeal, refrigerated dough	--	0.00	--
18188	Cookies, peanut butter, refrigerated dough, baked	0.00	0.00	--
18191	Cookies, raisin, soft-type	--	0.00	--
18192	Cookies, shortbread, commercially prepared, plain	0.00	0.00	0.88
18214	Crackers, cheese, regular	0.00	0.00	0.72
18218	Crackers, matzo, egg	0.00	0.00	--
18223	Crackers, milk	--	0.00	--
18232	Crackers, wheat, regular	0.00	0.00	0.96
18240	Croissants, apple	0.00	0.00	--
18250	Doughnuts, cake-type, plain, sugared or glazed	0.00	0.01	--
18268	French toast, frozen, ready-to-heat	0.00	0.01	--
18269	French toast, prepared from recipe, made with low fat (2%) milk	0.00	0.01	--
18280	Muffins, corn, dry mix, prepared	0.00	0.00	--
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0.00	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18292	Pancakes, plain, dry mix, incomplete, prepared	0.00	0.01	--
18310	Pie, chocolate creme, commercially prepared	0.00	0.00	--
18317	Pie, egg custard, commercially prepared	0.00	0.01	--
18320	Pie, lemon meringue, commercially prepared	0.00	0.01	--
18325	Pie, pecan, prepared from recipe	0.00	0.01	--
18355	Sweet rolls, cheese	0.00	0.01	--
18367	Waffles, plain, prepared from recipe	0.00	0.01	--
18400	Crackers, matzo, egg and onion	0.00	0.01	--
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.00	0.01	--
18950	Crackers, wheat, reduced fat	0.00	0.00	0.85
19089	Ice creams, vanilla, rich	0.00	0.00	--
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.00	0.01	--
19168	Desserts, egg custard, baked, prepared-from-recipe	0.00	0.01	--
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.00	0.01	--
19411	Snacks, potato chips, plain, salted	0.00	0.00	0.34
19902	Chocolate, dark, 45- 59% cacao solids	0.00	0.00	0.08
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.00	0.00	0.08
20648	Sorghum flour, whole-grain	0.00	0.00	0.06
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.00	0.00	0.01
21003	Fast foods, biscuit, with egg and bacon	0.00	0.01	--
21014	Fast foods, croissant, with egg, cheese, and sausage	0.00	0.01	0.18
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0.00	0.00	0.32
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0.00	0.00	0.10
21130	Fast foods, onion rings, breaded and fried	0.00	0.00	0.58
21139	Fast foods, potato, mashed	0.00	0.00	0.17
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	--	0.00	0.06
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	--	0.00	0.06
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	--	0.00	0.07
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	--	0.00	0.07
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.00	0.00	0.07
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	--	0.00	0.08
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0.00	0.00	0.10
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0.00	0.00	0.10
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	--	0.00	0.08
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.00	0.00	0.07

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0.00	0.00	0.10
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.00	0.00	0.39
21247	WENDY'S, french fries	0.00	0.00	0.64
21259	BURGER KING, Original Chicken Sandwich	0.00	0.00	0.65
21269	TACO BELL, Nachos Supreme	0.00	0.00	0.32
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	0.00	0.01	--
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	0.00	0.01	--
21309	McDONALD'S, Chicken McNUGGETS	0.00	0.00	0.30
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0.00	0.01	0.18
21421	KFC, Crispy Chicken Strips	0.00	0.00	0.32
21422	KFC, Popcorn Chicken	0.00	0.00	0.58
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.00	0.00	--
21508	WENDY'S, Crispy Chicken Sandwich	0.00	0.00	0.60
21509	BURGER KING, Onion Rings	0.00	0.00	0.58
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	0.00	0.00	--
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	0.00	0.00	--
22906	Chicken pot pie, frozen entree, prepared	0.00	0.00	0.24
22914	Pasta with tomato sauce, no meat, canned	0.00	0.00	0.01
22918	Burrito, bean and cheese, frozen	0.00	0.00	0.45
22962	LEAN POCKETS, Ham N Cheddar	0.00	0.00	0.12
22963	Lean Pockets, Meatballs & Mozzarella	--	0.00	0.12
22977	Lasagna with meat sauce, frozen, prepared	0.00	0.00	0.03
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.02
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.03
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.02
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	--	0.00	0.02
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.02
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.02

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.02
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.02
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.00	0.00	0.03
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	0.04
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	0.04
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.04
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	0.00	0.04
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.03
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.03
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	0.04
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.04
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	0.04
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.03
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.03
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.03
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.01
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.01
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	0.00	0.02
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	--
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.03
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	0.03
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.03
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	0.00	0.04
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	0.00	--
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	--
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.00	0.00	--
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.00	0.00	--
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.00	0.00	--
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.05
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.05
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.05
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	--
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	--
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	--
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	--
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	--
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	--
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	--
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	--
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	--
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	--
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	--
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00	0.00	--
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00	0.00	--
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	--
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.00	0.00	--
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.00	0.00	--
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00	0.00	--
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00	0.00	0.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0.00	0.00	0.00
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0.00	0.00	0.04
25037	Snacks, pita chips, salted	0.00	0.00	0.10
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.00	0.00	--
01001	Butter, salted	--	0.00	0.32
01003	Butter oil, anhydrous	--	0.00	--
01004	Cheese, blue	--	0.00	--
01005	Cheese, brick	--	0.00	--
01006	Cheese, brie	--	0.00	--
01007	Cheese, camembert	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01008	Cheese, caraway	--	0.00	--
01010	Cheese, cheshire	--	0.00	--
01011	Cheese, colby	--	0.00	--
01012	Cheese, cottage, creamed, large or small curd	--	0.00	--
01013	Cheese, cottage, creamed, with fruit	--	0.00	--
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	--	0.00	--
01016	Cheese, cottage, lowfat, 1% milkfat	--	0.00	--
01018	Cheese, edam	--	0.00	--
01019	Cheese, feta	--	0.00	--
01020	Cheese, fontina	--	0.00	--
01022	Cheese, gouda	--	0.00	--
01023	Cheese, gruyere	--	0.00	--
01024	Cheese, limburger	--	0.00	--
01025	Cheese, monterey	--	0.00	--
01026	Cheese, mozzarella, whole milk	--	0.00	--
01027	Cheese, mozzarella, whole milk, low moisture	--	0.00	--
01028	Cheese, mozzarella, part skim milk	--	0.00	--
01030	Cheese, muenster	--	0.00	--
01032	Cheese, parmesan, grated	--	0.00	0.10
01033	Cheese, parmesan, hard	--	0.00	--
01034	Cheese, port de salut	--	0.00	--
01035	Cheese, provolone	--	0.00	--
01036	Cheese, ricotta, whole milk	--	0.00	--
01037	Cheese, ricotta, part skim milk	--	0.00	--
01038	Cheese, romano	--	0.00	--
01040	Cheese, swiss	--	0.00	0.12
01041	Cheese, tilsit	--	0.00	--
01043	Cheese, pasteurized process, pimento	--	0.00	--
01044	Cheese, pasteurized process, swiss	--	0.00	--
01047	Cheese food, pasteurized process, swiss	--	0.00	--
01048	Cheese spread, pasteurized process, American	--	0.00	--
01052	Cream, fluid, light whipping	--	0.00	--
01054	Cream, whipped, cream topping, pressurized	--	0.00	--
01055	Cream, sour, reduced fat, cultured	--	0.00	--
01057	Eggnog	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01058	Sour dressing, non-butterfat, cultured, filled cream-type	--	0.00	--
01060	Milk, filled, fluid, with lauric acid oil	--	0.00	--
01061	Cheese, American, nonfat or fat free	--	0.00	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	--	0.00	--
01069	Cream substitute, powdered	--	0.00	0.02
01070	Dessert topping, powdered	--	0.00	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	--	0.00	--
01072	Dessert topping, pressurized	--	0.00	--
01073	Dessert topping, semi solid, frozen	--	0.00	--
01074	Sour cream, imitation, cultured	--	0.00	--
01077	Milk, whole, 3.25% milkfat, with added vitamin D	--	0.00	--
01078	Milk, producer, fluid, 3.7% milkfat	--	0.00	--
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	--	0.00	0.01
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	--	0.00	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	--	0.00	--
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	--	0.00	0.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	--	0.00	--
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	--	0.00	--
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	--	0.00	--
01088	Milk, buttermilk, fluid, cultured, lowfat	--	0.00	--
01089	Milk, low sodium, fluid	--	0.00	--
01090	Milk, dry, whole, with added vitamin D	--	0.00	--
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	--	0.00	--
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	--	0.00	--
01094	Milk, buttermilk, dried	--	0.00	--
01095	Milk, canned, condensed, sweetened	--	0.00	--
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	--	0.00	--
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	--	0.00	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	--	0.00	--
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	--	0.00	--
01105	Milk, chocolate beverage, hot cocoa, homemade	--	0.00	--
01106	Milk, goat, fluid, with added vitamin D	--	0.00	--
01107	Milk, human, mature, fluid	--	0.00	--
01110	Milk shakes, thick chocolate	--	0.00	--
01111	Milk shakes, thick vanilla	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01112	Whey, acid, fluid	--	0.00	--
01113	Whey, acid, dried	--	0.00	--
01114	Whey, sweet, fluid	--	0.00	--
01115	Whey, sweet, dried	--	0.00	--
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	--	0.00	--
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	--	0.00	--
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	--	0.00	--
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	--	0.00	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	--	0.00	--
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	--	0.00	--
01123	Egg, whole, raw, fresh	0.00	0.06	0.04
01124	Egg, white, raw, fresh	--	0.00	--
01126	Egg, yolk, raw, frozen, pasteurized	0.00	0.14	0.09
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.00	0.13	0.08
01128	Egg, whole, cooked, fried	0.00	0.06	--
01130	Egg, whole, cooked, omelet	0.00	0.05	--
01131	Egg, whole, cooked, poached	0.00	0.06	--
01132	Egg, whole, cooked, scrambled	0.00	0.04	--
01133	Egg, whole, dried	0.00	0.20	0.17
01135	Egg, white, dried, flakes, stabilized, glucose reduced	--	0.00	--
01136	Egg, white, dried, powder, stabilized, glucose reduced	--	0.00	--
01137	Egg, yolk, dried	0.00	0.25	0.18
01138	Egg, duck, whole, fresh, raw	--	0.00	--
01139	Egg, goose, whole, fresh, raw	--	0.00	--
01140	Egg, quail, whole, fresh, raw	--	0.00	--
01144	Egg substitute, powder	--	0.00	--
01145	Butter, without salt	--	0.00	0.32
01146	Cheese, parmesan, shredded	--	0.00	--
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	--	0.00	--
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	--	0.00	--
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	--	0.00	--
01156	Cheese, goat, hard type	--	0.00	--
01157	Cheese, goat, semisoft type	--	0.00	--
01159	Cheese, goat, soft type	--	0.00	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	0.00	0.11	0.08

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01161	Cheese substitute, mozzarella	--	0.00	--
01164	Cheese sauce, prepared from recipe	--	0.00	--
01165	Cheese, mexican, queso anejo	--	0.00	--
01166	Cheese, mexican, queso asadero	--	0.00	--
01167	Cheese, mexican, queso chihuahua	--	0.00	--
01168	Cheese, low fat, cheddar or colby	--	0.00	--
01169	Cheese, low-sodium, cheddar or colby	--	0.00	--
01171	Egg, whole, raw, frozen, pasteurized	0.00	0.05	0.03
01172	Egg, white, raw, frozen, pasteurized	--	0.00	--
01173	Egg, white, dried	--	0.00	--
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	--	0.00	0.01
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	--	0.00	0.00
01178	Sour cream, reduced fat	--	0.00	--
01179	Sour cream, light	--	0.00	--
01180	Sour cream, fat free	--	0.00	--
01182	USDA Commodity, cheese, cheddar, reduced fat	--	0.00	--
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	--	0.00	--
01185	Parmesan cheese topping, fat free	--	0.00	--
01186	Cheese, cream, fat free	--	0.00	0.01
01187	Yogurt, chocolate, nonfat milk	--	0.00	--
01199	Cream, half and half, fat free	--	0.00	--
01200	Reddi Wip Fat Free Whipped Topping	--	0.00	--
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	--	0.00	--
01203	Yogurt, fruit, lowfat, with low calorie sweetener	--	0.00	--
01204	Cheese, parmesan, dry grated, reduced fat	--	0.00	--
01205	Cream substitute, flavored, liquid	--	0.00	--
01206	Cream substitute, flavored, powdered	--	0.00	--
01208	Cheese, provolone, reduced fat	--	0.00	--
01209	Cheese, Mexican, blend, reduced fat	--	0.00	--
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	--	0.00	--
01212	Milk, dry, whole, without added vitamin D	--	0.00	--
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	--	0.00	--
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	--	0.00	--
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	--	0.00	--
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	--	0.00	--
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	--	0.00	--
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	--	0.00	--
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	--	0.00	--
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	--	0.00	--
01223	Protein supplement, milk based, Muscle Milk, powder	--	0.00	--
01224	Protein supplement, milk based, Muscle Milk Light, powder	--	0.00	--
01226	Egg substitute, liquid or frozen, fat free	--	0.00	--
01230	Milk, buttermilk, fluid, whole	--	0.00	--
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	--	0.00	--
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	--	0.00	--
01236	Ice cream, soft serve, chocolate	--	0.00	--
01237	Ice cream, bar or stick, chocolate covered	--	0.00	--
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	--	0.00	--
01243	Fat free ice cream, no sugar added, flavors other than chocolate	--	0.00	--
01244	Milk dessert bar, frozen, made from lowfat milk	--	0.00	--
01250	Nutritional supplement for people with diabetes, liquid	--	0.00	--
01251	Cheese, Mexican blend	--	0.00	--
01255	Egg, whole, raw, frozen, salted, pasteurized	0.00	0.05	0.03
01256	Yogurt, Greek, plain, nonfat	--	0.00	0.00
01258	Egg, white, dried, stabilized, glucose reduced	--	0.00	--
01263	Ice cream, light, soft serve, chocolate	--	0.00	--
01264	Ice cream bar, stick or nugget, with crunch coating	--	0.00	--
01265	Cheese, cheddar, nonfat or fat free	--	0.00	--
01266	Cheese, Swiss, nonfat or fat free	--	0.00	--
01267	Cheese, mexican, queso cotija	--	0.00	--
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	--	0.00	0.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	--	0.00	0.01
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	--	0.00	--
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	--	0.00	0.00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	--	0.00	0.00
01284	Yogurt, Greek, strawberry, lowfat	--	0.00	0.01
01285	Yogurt, Greek, strawberry, nonfat	--	0.00	0.00
01286	Yogurt, Greek, vanilla, nonfat	--	0.00	0.00
01287	Yogurt, Greek, plain, lowfat	--	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	--	0.00	--
01295	Yogurt, vanilla, non-fat	--	0.00	--
02001	Spices, allspice, ground	--	0.00	--
02002	Spices, anise seed	--	0.00	--
02003	Spices, basil, dried	--	0.00	0.30
02004	Spices, bay leaf	--	0.00	--
02005	Spices, caraway seed	--	0.00	--
02007	Spices, celery seed	--	0.00	--
02008	Spices, chervil, dried	--	0.00	--
02009	Spices, chili powder	--	0.00	0.52
02010	Spices, cinnamon, ground	--	0.00	0.01
02012	Spices, coriander leaf, dried	--	0.00	--
02014	Spices, cumin seed	--	0.00	--
02015	Spices, curry powder	--	0.00	0.26
02016	Spices, dill seed	--	0.00	--
02020	Spices, garlic powder	--	0.00	0.01
02021	Spices, ginger, ground	--	0.00	0.22
02022	Spices, mace, ground	--	0.00	--
02023	Spices, marjoram, dried	--	0.00	--
02024	Spices, mustard seed, ground	--	0.00	--
02025	Spices, nutmeg, ground	--	0.00	--
02026	Spices, onion powder	--	0.00	0.02
02027	Spices, oregano, dried	--	0.00	0.62
02028	Spices, paprika	--	0.00	0.45
02029	Spices, parsley, dried	--	0.00	1.86
02030	Spices, pepper, black	--	0.00	0.15
02031	Spices, pepper, red or cayenne	--	0.00	--
02033	Spices, poppy seed	--	0.00	0.27
02034	Spices, poultry seasoning	--	0.00	--
02035	Spices, pumpkin pie spice	--	0.00	--
02036	Spices, rosemary, dried	--	0.00	--
02037	Spices, saffron	--	0.00	--
02038	Spices, sage, ground	--	0.00	--
02041	Spices, tarragon, dried	--	0.00	--
02042	Spices, thyme, dried	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
02043	Spices, turmeric, ground	--	0.00	0.00
02044	Basil, fresh	--	0.00	--
02046	Mustard, prepared, yellow	--	0.00	0.37
02047	Salt, table	--	0.00	--
02048	Vinegar, cider	--	0.00	--
02050	Vanilla extract	--	0.00	--
02052	Vanilla extract, imitation, no alcohol	--	0.00	--
02053	Vinegar, distilled	--	0.00	--
02054	Capers, canned	--	0.00	--
02055	Horseradish, prepared	--	0.00	--
03001	Babyfood, juice treats, fruit medley, toddler	--	0.00	--
03002	Babyfood, meat, beef, strained	--	0.00	--
03003	Babyfood, meat, beef, junior	--	0.00	--
03005	Babyfood, meat, veal, strained	--	0.00	--
03007	Babyfood, meat, pork, strained	--	0.00	--
03008	Babyfood, meat, ham, strained	--	0.00	--
03009	Babyfood, meat, ham, junior	--	0.00	--
03011	Babyfood, meat, lamb, junior	--	0.00	--
03012	Babyfood, meat, chicken, strained	--	0.00	--
03013	Babyfood, meat, chicken, junior	--	0.00	--
03014	Babyfood, meat, chicken sticks, junior	--	0.00	--
03015	Babyfood, meat, turkey, strained	--	0.00	--
03016	Babyfood, meat, turkey, junior	--	0.00	--
03017	Babyfood, meat, turkey sticks, junior	0.00	0.06	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	--	0.00	--
03021	Babyfood, meat, meat sticks, junior	--	0.00	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	0.00	--
03044	Babyfood, dinner, macaroni and tomato and beef, strained	--	0.00	--
03045	Babyfood, dinner, macaroni and tomato and beef, junior	--	0.00	--
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.00	0.00	--
03047	Babyfood, dinner, beef noodle, strained	--	0.00	--
03048	Babyfood, macaroni and cheese, toddler	--	0.00	--
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	--	0.00	--
03052	Babyfood, dinner, beef stew, toddler	--	0.00	--
03053	Babyfood, dinner, vegetables and beef, strained	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03054	Babyfood, dinner, vegetables and beef, junior	--	0.00	--
03055	Babyfood, dinner, beef with vegetables	--	0.00	--
03059	Babyfood, dinner, vegetables and bacon, strained	--	0.00	--
03061	Babyfood, dinner, vegetables and ham, strained	--	0.00	--
03062	Babyfood, dinner, vegetables and ham, junior	--	0.00	--
03066	Babyfood, dinner, vegetables and lamb, strained	--	0.00	--
03067	Babyfood, dinner, vegetables and lamb, junior	--	0.00	--
03070	Babyfood, dinner, chicken soup, strained	0.00	0.00	--
03072	Babyfood, dinner, chicken stew, toddler	--	0.00	--
03073	Babyfood, dinner, vegetables chicken, strained	0.00	0.00	--
03077	Babyfood, dinner, pasta with vegetables	--	0.00	--
03082	Babyfood, dinner, turkey and rice, strained	0.00	0.00	--
03083	Babyfood, dinner, turkey and rice, junior	0.00	0.00	--
03084	Babyfood, dinner, vegetables and turkey, strained	0.00	0.00	--
03085	Babyfood, dinner, vegetables and turkey, junior	0.00	0.00	--
03089	Babyfood, dinner, macaroni and cheese, strained	--	0.00	--
03090	Babyfood, dinner, macaroni and cheese, junior	--	0.00	--
03091	Babyfood, vegetables, green beans, strained	--	0.00	--
03092	Babyfood, vegetables, green beans, junior	--	0.00	--
03093	Babyfood, green beans, dices, toddler	--	0.00	--
03096	Babyfood, vegetable, green beans and potatoes	--	0.00	--
03098	Babyfood, vegetables, beets, strained	--	0.00	--
03099	Babyfood, vegetables, carrots, strained	--	0.00	--
03100	Babyfood, vegetables, carrots, junior	--	0.00	--
03104	Babyfood, vegetables, squash, strained	--	0.00	--
03105	Babyfood, vegetables, squash, junior	--	0.00	--
03108	Babyfood, vegetables, sweet potatoes strained	--	0.00	--
03109	Babyfood, vegetables, sweet potatoes, junior	--	0.00	--
03112	Babyfood, potatoes, toddler	--	0.00	--
03114	Babyfood, vegetable, butternut squash and corn	--	0.00	--
03115	Babyfood, apples, dices, toddler	--	0.00	--
03116	Babyfood, fruit, applesauce, strained	--	0.00	--
03117	Babyfood, fruit, applesauce, junior	--	0.00	--
03118	Babyfood, fruit, apricot with tapioca, strained	--	0.00	--
03119	Babyfood, vegetables, corn, creamed, strained	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03120	Babyfood, vegetables, corn, creamed, junior	--	0.00	--
03121	Babyfood, vegetables, peas, strained	--	0.00	--
03122	Babyfood, peas, dices, toddler	--	0.00	--
03127	Babyfood, vegetables, spinach, creamed, strained	--	0.00	--
03128	Babyfood, fruit, apricot with tapioca, junior	--	0.00	--
03129	Babyfood, fruit, bananas with tapioca, strained	--	0.00	--
03130	Babyfood, fruit, peaches, strained	--	0.00	--
03131	Babyfood, fruit, peaches, junior	--	0.00	--
03132	Babyfood, fruit, pears, strained	--	0.00	--
03133	Babyfood, fruit, pears, junior	--	0.00	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	--	0.00	--
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	--	0.00	--
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	--	0.00	--
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	--	0.00	--
03139	Babyfood, prunes, without vitamin c, strained	--	0.00	--
03140	Babyfood, fruit dessert, mango with tapioca	--	0.00	--
03141	Babyfood, pears, dices, toddler	--	0.00	--
03142	Babyfood, fruit, applesauce and apricots, strained	--	0.00	--
03143	Babyfood, fruit, applesauce and apricots, junior	--	0.00	--
03144	Babyfood, fruit, applesauce and cherries, strained	--	0.00	--
03145	Babyfood, fruit, applesauce and cherries, junior	--	0.00	--
03147	Babyfood, fruit, applesauce with banana, junior	--	0.00	--
03150	Babyfood, fruit, applesauce and pineapple, strained	--	0.00	--
03151	Babyfood, fruit, applesauce and pineapple, junior	--	0.00	--
03152	Babyfood, fruit, apple and raspberry, strained	--	0.00	--
03153	Babyfood, fruit, apple and raspberry, junior	--	0.00	--
03154	Babyfood, fruit and vegetable, apple and sweet potato	--	0.00	--
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	--	0.00	--
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	--	0.00	--
03158	Babyfood, fruit, pears and pineapple, strained	--	0.00	--
03159	Babyfood, fruit, pears and pineapple, junior	--	0.00	--
03161	Babyfood, peaches, dices, toddler	--	0.00	--
03163	Babyfood, fruit, bananas with apples and pears, strained	--	0.00	--
03164	Babyfood, fruit, apple and blueberry, strained	--	0.00	--
03165	Babyfood, fruit, apple and blueberry, junior	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03166	Babyfood, juice, apple	--	0.00	--
03167	Babyfood, apple-banana juice	--	0.00	--
03168	Babyfood, juice, apple and peach	--	0.00	--
03169	Babyfood, apple-cranberry juice	--	0.00	--
03170	Babyfood, juice, apple and plum	--	0.00	--
03171	Babyfood, juice, apple and prune	--	0.00	--
03172	Babyfood, juice, orange	--	0.00	--
03174	Babyfood, juice, orange and apple and banana	--	0.00	--
03175	Babyfood, juice, orange and apricot	--	0.00	--
03177	Babyfood, juice, orange and pineapple	--	0.00	--
03179	Babyfood, juice, mixed fruit	--	0.00	--
03181	Babyfood, cereal, barley, dry fortified	--	0.00	--
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	--	0.00	--
03185	Babyfood, cereal, mixed, dry fortified	--	0.00	--
03186	Babyfood, cereal, mixed, with bananas, dry	--	0.00	--
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	--	0.00	--
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	--	0.00	--
03189	Babyfood, cereal, oatmeal, dry fortified	--	0.00	0.06
03190	Babyfood, cereal, oatmeal, with bananas, dry	--	0.00	--
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	--	0.00	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	--	0.00	--
03194	Babyfood, cereal, Rice, dry, fortified	--	0.00	0.03
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	--	0.00	--
03197	Babyfood, cereal, with egg yolks, strained	--	0.00	--
03198	Babyfood, cereal, with egg yolks, junior	--	0.00	--
03201	Babyfood, cereal, egg yolks and bacon, junior	--	0.00	--
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	--	0.00	--
03206	Babyfood, cookie, baby, fruit	--	0.00	--
03209	Babyfood, crackers, vegetable	--	0.00	--
03211	Babyfood, cereal, high protein, with apple and orange, dry	--	0.00	--
03212	Babyfood, cereal, rice, with bananas, dry	--	0.00	--
03213	Babyfood, cookies	--	0.00	--
03214	Babyfood, cookies, arrowroot	--	0.00	--
03215	Babyfood, pretzels	--	0.00	--
03217	Zwieback	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03220	Babyfood, dessert, dutch apple, strained	--	0.00	--
03221	Babyfood, dessert, dutch apple, junior	--	0.00	--
03222	Babyfood, cherry cobbler, junior	--	0.00	--
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.00	0.00	--
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.00	0.00	--
03226	Babyfood, dessert, fruit pudding, orange, strained	--	0.00	--
03227	Babyfood, dessert, peach cobbler, strained	--	0.00	--
03228	Babyfood, dessert, peach cobbler, junior	--	0.00	--
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.00	0.00	--
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	--	0.00	--
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	--	0.00	--
03245	Babyfood, dessert, custard pudding, vanilla, strained	--	0.00	--
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.00	0.00	--
03265	Babyfood, juice, apple and grape	--	0.00	--
03267	Babyfood, juice, fruit punch, with calcium	--	0.00	--
03268	Babyfood, juice, apple and cherry	--	0.00	--
03269	Babyfood, juice, apple, with calcium	--	0.00	--
03274	Babyfood, dinner, vegetables and chicken, junior	0.00	0.00	--
03279	Babyfood, dinner, mixed vegetable, junior	--	0.00	--
03280	Babyfood, fruit, bananas with tapioca, junior	--	0.00	--
03282	Babyfood, vegetables, mix vegetables junior	--	0.00	--
03283	Babyfood, vegetables, garden vegetable, strained	--	0.00	--
03286	Babyfood, vegetables, mix vegetables strained	--	0.00	--
03287	Babyfood, dinner, beef noodle, junior	--	0.00	--
03289	Babyfood, apples with ham, strained	--	0.00	--
03290	Babyfood, carrots and beef, strained	--	0.00	--
03293	Babyfood, plums, bananas and rice, strained	--	0.00	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	--	0.00	--
03297	Babyfood, dinner, apples and chicken, strained	0.00	0.00	--
03298	Babyfood, dinner, broccoli and chicken, junior	--	0.00	--
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	--	0.00	--
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	--	0.00	--
03303	Babyfood, dinner, sweet potatoes and chicken, strained	--	0.00	--
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	--	0.00	--
03681	Babyfood, cereal, barley, prepared with whole milk	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03685	Babyfood, cereal, mixed, prepared with whole milk	--	0.00	--
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	--	0.00	--
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	--	0.00	--
03694	Babyfood, cereal, rice, prepared with whole milk	--	0.00	--
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	--	0.00	--
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	--	0.00	--
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	--	0.00	--
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	--	0.00	--
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	--	0.00	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	--	0.00	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	--	0.00	--
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	0.00	0.09	--
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	--	0.00	--
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	0.00	0.02	--
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	--	0.00	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	--	0.00	--
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00	0.01	--
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	--	0.00	--
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	0.00	0.02	--
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	--	0.00	--
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	--	0.00	--
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	--	0.00	--
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	--	0.00	--
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	--	0.00	--
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	--	0.00	--
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.00	0.01	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	--	0.00	--
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	0.00	0.09	--
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	0.00	0.02	--
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.00	0.01	--
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	--	0.00	--
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00	0.08	--
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.00	0.01	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0.00	0.01	--
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	--	0.00	--
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	--	0.00	--
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	--	0.00	--
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.00	0.02	--
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.00	0.01	--
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	--	0.00	--
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	0.00	0.08	--
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	--	0.00	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	--	0.00	--
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.00	0.08	--
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	--	0.00	--
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	0.00	0.02	--
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	--	0.00	--
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	--	0.00	--
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.00	0.01	--
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	--	0.00	--
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.00	0.01	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	--	0.00	--
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.00	0.08	--
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.00	0.01	--
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	0.00	0.09	--
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	--	0.00	--
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	--	0.00	--
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	--	0.00	--
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	--	0.00	--
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	--	0.00	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	--	0.00	--
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	--	0.00	--
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	--	0.00	--
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	--	0.00	--
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	--	0.00	--
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03934	Babyfood, corn and sweet potatoes, strained	--	0.00	--
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.00	0.01	--
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.00	0.01	--
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	0.00	0.02	--
03938	Infant formula, PBM PRODUCTS, store brand, powder	0.00	0.10	--
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.00	0.01	--
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.00	0.02	--
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	0.00	0.09	--
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.00	0.01	--
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	0.00	0.09	--
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.00	0.01	--
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	0.00	0.09	--
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.00	0.01	--
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.00	0.02	--
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	0.00	0.08	--
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.00	0.01	--
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	0.00	0.10	--
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.00	0.02	--
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.00	0.02	--
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.00	0.01	--
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.00	0.10	--
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.00	0.01	--
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	0.00	0.08	--
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	--	0.00	--
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.00	0.01	--
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.00	0.01	--
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.00	0.01	--
03964	Babyfood, fortified cereal bar, fruit filling	--	0.00	--
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	--	0.00	--
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	0.00	0.02	--
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	0.00	0.09	--
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.00	0.01	--
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.00	0.09	--
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.00	0.01	--
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.00	0.01	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.00	0.01	--
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.00	0.01	--
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.00	0.01	--
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.00	0.01	--
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.00	0.01	--
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.00	0.01	--
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.00	0.01	--
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.00	0.01	--
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.00	0.01	--
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.00	0.01	--
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.00	0.01	--
03994	Babyfood, fruit, banana and strawberry, junior	--	0.00	--
03995	Babyfood, banana with mixed berries, strained	--	0.00	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	--	0.00	--
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	--	0.00	--
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.00	0.08	--
04001	Fat, beef tallow	--	0.00	--
04002	Lard	--	0.00	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	--	0.00	--
04015	Salad dressing, russian dressing	--	0.00	--
04016	Salad dressing, sesame seed dressing, regular	--	0.00	--
04017	Salad dressing, thousand island, commercial, regular	--	0.00	--
04018	Salad dressing, mayonnaise type, regular, with salt	--	0.00	1.36
04020	Salad dressing, french dressing, reduced fat	--	0.00	--
04021	Salad dressing, italian dressing, commercial, reduced fat	--	0.00	0.44
04022	Salad dressing, russian dressing, low calorie	--	0.00	--
04023	Salad dressing, thousand island dressing, reduced fat	--	0.00	--
04025	Salad dressing, mayonnaise, regular	0.00	0.00	5.33
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	--	0.00	--
04027	Salad dressing, mayonnaise, imitation, soybean	--	0.00	--
04028	Salad dressing, mayonnaise, imitation, milk cream	--	0.00	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	--	0.00	--
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	--	0.00	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	--	0.00	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
04037	Oil, rice bran	--	0.00	--
04038	Oil, wheat germ	--	0.00	--
04042	Oil, peanut, salad or cooking	--	0.00	--
04044	Oil, soybean, salad or cooking	--	0.00	6.79
04047	Oil, coconut	--	0.00	0.02
04053	Oil, olive, salad or cooking	--	0.00	--
04055	Oil, palm	--	0.00	--
04058	Oil, sesame, salad or cooking	--	0.00	--
04060	Oil, sunflower, linoleic (less than 60%)	--	0.00	--
04073	Margarine, regular, hard, soybean (hydrogenated)	--	0.00	--
04114	Salad dressing, italian dressing, commercial, regular	--	0.00	1.43
04120	Salad dressing, french dressing, commercial, regular	--	0.00	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	--	0.00	1.75
04135	Salad dressing, home recipe, vinegar and oil	--	0.00	--
04141	Salad dressing, french dressing, commercial, regular, without salt	--	0.00	--
04142	Salad dressing, french dressing, reduced fat, without salt	--	0.00	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	--	0.00	--
04144	Salad dressing, italian dressing, reduced fat, without salt	--	0.00	--
04367	Salad dressing, french dressing, fat-free	--	0.00	--
04501	Oil, cocoa butter	--	0.00	--
04502	Oil, cottonseed, salad or cooking	--	0.00	--
04506	Oil, sunflower, linoleic, (approx. 65%)	--	0.00	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	--	0.00	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	--	0.00	0.10
04513	Vegetable oil, palm kernel	--	0.00	--
04514	Oil, poppyseed	--	0.00	--
04515	Oil, tomatoseed	--	0.00	--
04516	Oil, teaseed	--	0.00	--
04517	Oil, grapeseed	--	0.00	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	--	0.00	1.16
04520	Fat, mutton tallow	--	0.00	--
04528	Oil, walnut	--	0.00	--
04529	Oil, almond	--	0.00	--
04530	Oil, apricot kernel	--	0.00	--
04531	Oil, soybean lecithin	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
04532	Oil, hazelnut	--	0.00	--
04534	Oil, babassu	--	0.00	--
04536	Oil, sheanut	--	0.00	--
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.00	0.00	--
04541	Oil, cupu assu	--	0.00	--
04542	Fat, chicken	--	0.00	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	--	0.00	--
04544	Shortening, household, lard and vegetable oil	--	0.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	--	0.00	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	--	0.00	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	--	0.00	--
04549	Shortening industrial, lard and vegetable oil	--	0.00	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	--	0.00	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	--	0.00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	--	0.00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	--	0.00	--
04559	Shortening household soybean (hydrogenated) and palm	--	0.00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	--	0.00	--
04570	Shortening, confectionery, fractionated palm	--	0.00	--
04572	Oil, nutmeg butter	--	0.00	--
04573	Oil, ucuhuba butter	--	0.00	--
04574	Fat, duck	--	0.00	--
04575	Fat, turkey	--	0.00	--
04576	Fat, goose	--	0.00	--
04582	Oil, canola	--	0.00	9.14
04584	Oil, sunflower, high oleic (70% and over)	--	0.00	--
04585	Margarine-like, margarine-butter blend, soybean oil and butter	--	0.00	2.64
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	--	0.00	--
04601	Butter, light, stick, with salt	--	0.00	--
04602	Butter, light, stick, without salt	--	0.00	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	--	0.00	--
04609	Animal fat, bacon grease	--	0.00	--
04610	Margarine, regular, 80% fat, composite, stick, with salt	--	0.00	1.96
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00	0.00	4.68
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	--	0.00	1.75

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	--	0.00	2.67
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	--	0.00	2.64
04615	Shortening, vegetable, household, composite	--	0.00	1.88
04617	Margarine, regular, 80% fat, composite, stick, without salt	--	0.00	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00	0.00	--
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	--	0.00	--
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	--	0.00	--
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	--	0.00	--
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	--	0.00	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	--	0.00	1.96
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	--	0.00	2.07
04630	Margarine Spread, approximately 48% fat, tub	--	0.00	2.12
04631	Margarine-like, vegetable oil spread, fat-free, tub	--	0.00	0.05
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	--	0.00	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	--	0.00	--
04635	Salad dressing, thousand island dressing, fat-free	--	0.00	--
04636	Salad dressing, italian dressing, fat-free	--	0.00	--
04638	Salad dressing, ranch dressing, fat-free	--	0.00	0.08
04639	Salad dressing, ranch dressing, regular	0.00	0.00	3.28
04640	Salad dressing, ranch dressing, reduced fat	--	0.00	0.53
04641	Salad dressing, mayonnaise, light	0.00	0.00	1.52
04642	Oil, industrial, mid-oleic, sunflower	--	0.00	0.04
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	--	0.00	6.40
04644	Oil, industrial, canola for salads, woks and light frying	--	0.00	6.34
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	--	0.00	1.03
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	--	0.00	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	--	0.00	1.94
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	--	0.00	2.48
04650	Oil, industrial, soy, refined, for woks and light frying	--	0.00	6.91
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	--	0.00	1.73
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	--	0.00	0.21
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	--	0.00	3.84
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	--	0.00	0.16
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	--	0.00	0.49
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	--	0.00	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	--	0.00	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	--	0.00	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	--	0.00	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	--	0.00	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	--	0.00	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	--	0.00	--
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	--	0.00	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries	--	0.00	0.31
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	--	0.00	1.63
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	--	0.00	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	--	0.00	2.41
04669	USDA Commodity Food, oil, vegetable, soybean, refined	--	0.00	6.54
04670	USDA Commodity Food, oil, vegetable, low saturated fat	--	0.00	5.96
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	--	0.00	3.38
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	--	0.00	1.12
04679	Oil, PAM cooking spray, original	--	0.00	--
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	--	0.00	2.92
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	0.00	0.00	6.18
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	0.00	--	6.24
04686	Salad dressing, honey mustard dressing, reduced calorie	--	0.00	--
04687	Margarine-like spread, BENECOL Light Spread	--	0.00	1.98
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.00	0.01	3.19
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	--	0.00	1.75
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	--	0.00	1.96
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00	0.00	4.68
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	--	0.00	1.75
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	--	0.00	2.67
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	--	0.00	--
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	--	0.00	--
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	--	0.00	--
04698	Oil, industrial, canola, high oleic	--	0.00	2.20
04699	Oil, industrial, soy, low linolenic	--	0.00	2.68
04700	Oil, industrial, soy, ultra low linolenic	--	0.00	1.06
04701	Oil, industrial, soy, fully hydrogenated	--	0.00	0.10

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
04702	Oil, industrial, cottonseed, fully hydrogenated	--	0.00	--
04703	Salad dressing, honey mustard, regular	0.00	0.00	--
04704	Salad dressing, poppyseed, creamy	--	0.00	--
04705	Salad dressing, caesar, fat-free	--	0.00	--
04706	Dressing, honey mustard, fat-free	--	0.00	--
04707	Oil, flaxseed, contains added sliced flaxseed	--	0.00	48.93
04708	Mayonnaise, reduced fat, with olive oil	--	0.00	--
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	--	0.00	--
05022	Chicken, broilers or fryers, giblets, cooked, simmered	--	0.00	0.01
05023	Chicken, gizzard, all classes, raw	--	0.00	0.01
05024	Chicken, gizzard, all classes, cooked, simmered	--	0.00	0.00
05025	Chicken, heart, all classes, raw	--	0.00	--
05026	Chicken, heart, all classes, cooked, simmered	--	0.00	--
05027	Chicken, liver, all classes, raw	--	0.00	0.01
05028	Chicken, liver, all classes, cooked, simmered	--	0.00	0.01
05047	Chicken, broilers or fryers, separable fat, raw	--	0.00	--
05117	Chicken, roasting, light meat, meat only, raw	0.00	0.02	--
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.00	0.03	--
05127	Chicken, stewing, giblets, raw	--	0.00	--
05128	Chicken, stewing, giblets, cooked, simmered	--	0.00	--
05129	Chicken, stewing, light meat, meat only, raw	0.00	0.06	--
05130	Chicken, stewing, light meat, meat only, cooked, stewed	0.00	0.08	--
05139	Duck, domesticated, meat and skin, raw	--	0.00	--
05140	Duck, domesticated, meat and skin, cooked, roasted	--	0.00	--
05141	Duck, domesticated, meat only, raw	--	0.00	--
05142	Duck, domesticated, meat only, cooked, roasted	--	0.00	--
05143	Duck, domesticated, liver, raw	--	0.00	--
05144	Duck, wild, meat and skin, raw	--	0.00	--
05145	Duck, wild, breast, meat only, raw	--	0.00	--
05146	Goose, domesticated, meat and skin, raw	--	0.00	--
05147	Goose, domesticated, meat and skin, cooked, roasted	--	0.00	--
05148	Goose, domesticated, meat only, raw	--	0.00	--
05149	Goose, domesticated, meat only, cooked, roasted	--	0.00	--
05150	Goose, liver, raw	--	0.00	--
05153	Pheasant, raw, meat and skin	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05154	Pheasant, raw, meat only	--	0.00	--
05155	Pheasant, breast, meat only, raw	--	0.00	--
05156	Pheasant, leg, meat only, raw	--	0.00	--
05167	Turkey, whole, meat only, raw	0.00	0.00	0.00
05173	Turkey, gizzard, all classes, raw	0.00	0.01	0.02
05185	Turkey from whole, light meat, raw	0.00	0.00	0.01
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.00	0.04	--
05191	Turkey, all classes, breast, meat and skin, raw	0.00	0.01	--
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	0.00	0.03	--
05193	Turkey, all classes, leg, meat and skin, raw	0.00	0.03	--
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0.00	0.05	--
05195	Turkey, all classes, wing, meat and skin, raw	0.00	0.01	--
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	0.00	0.03	--
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	0.00	0.02	--
05219	Turkey, breast, from whole bird, meat only, raw	0.00	0.00	0.01
05227	Turkey, wing, from whole bird, meat only, raw	0.00	0.00	0.01
05236	Turkey, young hen, skin only, cooked, roasted	--	0.00	--
05282	Pate de foie gras, canned (goose liver pate), smoked	--	0.00	--
05284	Turkey, canned, meat only, with broth	0.00	0.03	--
05285	Turkey, diced, light and dark meat, seasoned	0.00	0.02	--
05286	Turkey and gravy, frozen	--	0.00	--
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	0.00	0.01	--
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	0.00	0.04	--
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0.00	0.02	--
05300	Turkey sticks, breaded, battered, fried	--	0.00	--
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	--	0.00	--
05303	Poultry, mechanically deboned, from mature hens, raw	--	0.00	--
05304	Turkey, mechanically deboned, from turkey frames, raw	--	0.00	--
05312	Chicken, wing, frozen, glazed, barbecue flavored	0.00	0.01	--
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0.00	0.02	--
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	--	0.00	--
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0.00	0.01	--
05323	Chicken patty, frozen, uncooked	--	0.00	--
05324	Chicken patty, frozen, cooked	--	0.00	--
05326	Chicken breast tenders, breaded, cooked, microwaved	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
05327	Chicken breast tenders, breaded, uncooked	--	0.00	--
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	--	0.00	--
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	--	0.00	--
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	--	0.00	0.07
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.00	0.00	0.02
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	--	0.00	0.04
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	--	0.00	0.23
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	--	0.00	0.07
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	--	0.00	0.06
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	--	0.00	--
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	--	0.00	--
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	--	0.00	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	--	0.00	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	--	0.00	--
05353	USDA Commodity, chicken fajita strips, frozen	--	0.00	--
05354	USDA Commodity, turkey taco meat, frozen, cooked	--	0.00	--
05356	Chicken, broiler, rotisserie, BBQ, skin	--	0.00	0.15
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	--	0.00	0.03
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	--	0.00	--
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	--	0.00	--
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	--	0.00	--
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	--	0.00	--
05622	Emu, ground, cooked, pan-broiled	--	0.00	--
05642	Ostrich, ground, cooked, pan-broiled	--	0.00	--
05658	Ostrich, top loin, cooked	--	0.00	--
05661	Chicken, liver, all classes, cooked, pan-fried	--	0.00	0.01
05693	Chicken, broiler, rotisserie, BBQ, back meat only	--	0.00	--
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.00	0.00	0.02
05704	Turkey, whole, meat only, with added solution, raw	0.00	0.00	0.02
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.00	0.00	0.02
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.00	0.00	0.02
05738	Turkey, drumstick, from whole bird, meat only, raw	0.00	0.00	0.01
06001	Soup, cream of asparagus, canned, condensed	--	0.00	--
06002	Soup, black bean, canned, condensed	--	0.00	--
06004	Soup, bean with pork, canned, condensed	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06008	Soup, beef broth or bouillon canned, ready-to-serve	--	0.00	--
06009	Soup, beef noodle, canned, condensed	--	0.00	--
06010	Soup, cream of celery, canned, condensed	--	0.00	--
06011	Soup, cheese, canned, condensed	--	0.00	--
06013	Soup, chicken broth, canned, condensed	--	0.00	--
06015	Soup, chicken, canned, chunky, ready-to-serve	--	0.00	--
06016	Soup, cream of chicken, canned, condensed	--	0.00	--
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.00	0.00	--
06019	Soup, chicken noodle, canned, condensed	--	0.00	0.01
06022	Soup, chicken rice, canned, chunky, ready-to-serve	--	0.00	--
06023	Soup, chicken with rice, canned, condensed	--	0.00	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	--	0.00	0.01
06025	Soup, chicken vegetable, canned, condensed	--	0.00	--
06026	Soup, chili beef, canned, condensed	--	0.00	--
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	--	0.00	--
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	--	0.00	--
06032	Soup, beef broth bouillon and consomme, canned, condensed	--	0.00	--
06039	Soup, minestrone, canned, chunky, ready-to-serve	--	0.00	--
06040	Soup, minestrone, canned, condensed	--	0.00	--
06043	Soup, cream of mushroom, canned, condensed	--	0.00	0.33
06044	Soup, mushroom with beef stock, canned, condensed	--	0.00	--
06045	Soup, onion, canned, condensed	--	0.00	--
06046	Soup, cream of onion, canned, condensed	--	0.00	--
06049	Soup, pea, green, canned, condensed	--	0.00	--
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	--	0.00	--
06053	Soup, cream of potato, canned, condensed	--	0.00	--
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	--	0.00	0.01
06063	Soup, tomato rice, canned, condensed	--	0.00	--
06067	Soup, chunky vegetable, canned, ready-to-serve	--	0.00	--
06068	Soup, vegetarian vegetable, canned, condensed	--	0.00	--
06070	Soup, chunky beef, canned, ready-to-serve	--	0.00	--
06071	Soup, vegetable beef, canned, condensed	--	0.00	--
06072	Soup, vegetable with beef broth, canned, condensed	--	0.00	--
06075	Soup, beef broth or bouillon, powder, dry	--	0.00	--
06076	Soup, beef broth, cubed, dry	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06080	Soup, chicken broth or bouillon, dry	--	0.00	--
06094	Soup, onion, dry, mix	--	0.00	--
06101	Soup, cream of vegetable, dry, powder	--	0.00	--
06112	Sauce, teriyaki, ready-to-serve	--	0.00	--
06115	Gravy, au jus, dry	--	0.00	--
06116	Gravy, beef, canned, ready-to-serve	--	0.00	--
06118	Gravy, brown, dry	--	0.00	--
06119	Gravy, chicken, canned or bottled, ready-to-serve	--	0.00	0.02
06120	Gravy, chicken, dry	--	0.00	--
06122	Gravy, mushroom, dry, powder	--	0.00	--
06124	Gravy, pork, dry, powder	--	0.00	--
06125	Gravy, turkey, canned, ready-to-serve	--	0.00	--
06126	Gravy, turkey, dry	--	0.00	--
06149	Soup, chicken mushroom, canned, condensed	--	0.00	--
06150	Sauce, barbecue	--	0.00	0.02
06151	Sauce, plum, ready-to-serve	--	0.00	--
06152	Sauce, pizza, canned, ready-to-serve	--	0.00	--
06159	Soup, tomato, canned, condensed	--	0.00	--
06164	Sauce, salsa, ready-to-serve	--	0.00	--
06165	Sauce, homemade, white, thin	--	0.00	--
06166	Sauce, homemade, white, medium	--	0.00	--
06167	Sauce, homemade, white, thick	--	0.00	--
06169	Sauce, ready-to-serve, pepper, TABASCO	--	0.00	--
06170	Soup, stock, beef, home-prepared	--	0.00	--
06172	Soup, stock, chicken, home-prepared	--	0.00	--
06175	Sauce, hoisin, ready-to-serve	--	0.00	--
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	--	0.00	--
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	--	0.00	--
06183	Soup, chicken broth, less/reduced sodium, ready to serve	--	0.00	--
06188	Soup, beef broth, less/reduced sodium, ready to serve	--	0.00	--
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	--	0.00	--
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	--	0.00	--
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	--	0.00	--
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	--	0.00	--
06194	Soup, chicken broth, ready-to-serve	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	--	0.00	--
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.00	0.00	--
06210	Soup, cream of celery, canned, prepared with equal volume milk	--	0.00	--
06211	Soup, cheese, canned, prepared with equal volume milk	--	0.00	--
06216	Soup, cream of chicken, canned, prepared with equal volume milk	--	0.00	--
06217	Soup, vegetable, canned, low sodium, condensed	--	0.00	--
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	--	0.00	--
06246	Soup, cream of onion, canned, prepared with equal volume milk	--	0.00	--
06249	Soup, pea, green, canned, prepared with equal volume milk	--	0.00	--
06253	Soup, cream of potato, canned, prepared with equal volume milk	--	0.00	--
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	--	0.00	--
06307	Sauce, barbecue, KRAFT, original	--	0.00	0.02
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	--	0.00	0.35
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	--	0.00	--
06401	Soup, cream of asparagus, canned, prepared with equal volume water	--	0.00	--
06402	Soup, black bean, canned, prepared with equal volume water	--	0.00	--
06404	Soup, bean with pork, canned, prepared with equal volume water	--	0.00	--
06409	Soup, beef noodle, canned, prepared with equal volume water	--	0.00	--
06410	Soup, cream of celery, canned, prepared with equal volume water	--	0.00	--
06413	Soup, chicken broth, canned, prepared with equal volume water	--	0.00	--
06416	Soup, cream of chicken, canned, prepared with equal volume water	--	0.00	--
06417	Soup, chicken gumbo, canned, prepared with equal volume water	--	0.00	--
06419	Soup, chicken noodle, canned, prepared with equal volume water	--	0.00	--
06423	Soup, chicken with rice, canned, prepared with equal volume water	--	0.00	--
06426	Soup, chili beef, canned, prepared with equal volume water	--	0.00	--
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	--	0.00	--
06440	Soup, minestrone, canned, prepared with equal volume water	--	0.00	--
06443	Soup, cream of mushroom, canned, prepared with equal volume water	--	0.00	--
06449	Soup, pea, green, canned, prepared with equal volume water	--	0.00	--
06453	Soup, cream of potato, canned, prepared with equal volume water	--	0.00	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	--	0.00	--
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	--	0.00	--
06463	Soup, tomato rice, canned, prepared with equal volume water	--	0.00	--
06465	Soup, turkey noodle, canned, prepared with equal volume water	--	0.00	--
06466	Soup, turkey vegetable, canned, prepared with equal volume water	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	--	0.00	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	--	0.00	--
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	--	0.00	--
06475	Soup, beef broth or bouillon, powder, prepared with water	--	0.00	--
06476	Soup, beef broth, cubed, prepared with water	--	0.00	--
06480	Soup, chicken broth or bouillon, dry, prepared with water	--	0.00	--
06483	Soup, cream of chicken, dry, mix, prepared with water	--	0.00	--
06494	Soup, onion, dry, mix, prepared with water	--	0.00	--
06498	Soup, tomato, dry, mix, prepared with water	--	0.00	--
06528	Soup, chicken noodle, dry, mix, prepared with water	0.00	0.00	--
06559	Soup, tomato, canned, prepared with equal volume water, commercial	--	0.00	--
06583	Soup, ramen noodle, any flavor, dry	--	0.00	0.06
06584	Soup, broccoli cheese, canned, condensed, commercial	--	0.00	--
06611	Soup, SWANSON, beef broth, lower sodium	--	0.00	--
06615	Soup, SWANSON, vegetable broth	--	0.00	--
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	--	0.00	0.01
06627	Sauce, pesto, ready-to-serve, shelf stable	--	0.00	1.75
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	--	0.00	1.20
06700	Soup, vegetable broth, ready to serve	--	0.00	--
06930	Sauce, cheese, ready-to-serve	--	0.00	--
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	--	0.00	0.08
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.00	0.00	--
06956	Soup, tomato, canned, condensed, reduced sodium	--	0.00	--
06957	Gravy, brown instant, dry	--	0.00	--
06958	Gravy, instant beef, dry	--	0.00	--
06959	Gravy, instant turkey, dry	--	0.00	--
06961	Sauce, peppers, hot, chili, mature red, canned	--	0.00	--
06962	Sauce, chili, peppers, hot, immature green, canned	--	0.00	--
06964	Soup, tomato, low sodium, with water	--	0.00	--
06965	Soup, pea, low sodium, prepared with equal volume water	--	0.00	--
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	--	0.00	--
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	--	0.00	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	--	0.00	--
06969	Potato soup, instant, dry mix	--	0.00	--
06970	Soup, chicken broth, low sodium, canned	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
06971	Sauce, worcestershire	--	0.00	--
06972	Sauce, tomato chili sauce, bottled, with salt	--	0.00	--
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	--	0.00	--
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	--	0.00	--
06977	Gravy, meat or poultry, low sodium, prepared	--	0.00	--
06978	Soup, beef and mushroom, low sodium, chunk style	--	0.00	--
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	--	0.00	--
06981	Soup, bouillon cubes and granules, low sodium, dry	--	0.00	--
06982	Soup, ramen noodle, beef flavor, dry	--	0.00	0.06
06983	Soup, ramen noodle, chicken flavor, dry	--	0.00	0.06
06999	Gravy, CAMPBELL'S, chicken	--	0.00	0.02
07001	Barbecue loaf, pork, beef	--	0.00	--
07002	Beerwurst, beer salami, pork and beef	--	0.00	--
07003	Beerwurst, beer salami, pork	--	0.00	--
07004	Sausage, Berliner, pork, beef	--	0.00	--
07005	Blood sausage	--	0.00	--
07006	Bockwurst, pork, veal, raw	--	0.00	--
07008	Bologna, beef and pork	--	0.00	--
07010	Bologna, pork	--	0.00	--
07011	Bologna, turkey	0.00	0.01	--
07013	Bratwurst, pork, cooked	--	0.00	--
07014	Braunschweiger (a liver sausage), pork	--	0.00	--
07015	Brotwurst, pork, beef, link	--	0.00	--
07016	Cheesefurter, cheese smokie, pork, beef	--	0.00	--
07018	Chicken spread	--	0.00	--
07019	Chorizo, pork and beef	--	0.00	--
07020	Corned beef loaf, jellied	--	0.00	--
07025	Frankfurter, turkey	--	0.00	0.19
07026	Ham, chopped, canned	--	0.00	--
07027	Ham, chopped, not canned	--	0.00	--
07029	Ham, sliced, regular (approximately 11% fat)	--	0.00	--
07030	Ham, minced	--	0.00	--
07031	Ham salad spread	--	0.00	--
07032	Ham and cheese loaf or roll	--	0.00	--
07033	Ham and cheese spread	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
07034	Headcheese, pork	--	0.00	--
07036	Sausage, Italian, pork, raw	--	0.00	--
07038	Knackwurst, knockwurst, pork, beef	--	0.00	--
07039	Lebanon bologna, beef	--	0.00	--
07040	Liver cheese, pork	--	0.00	--
07041	Liver sausage, liverwurst, pork	--	0.00	--
07044	USDA Commodity, luncheon meat, canned	--	0.00	--
07045	Luncheon meat, pork, canned	--	0.00	--
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.00	0.00	--
07050	Mortadella, beef, pork	--	0.00	--
07051	Olive loaf, pork	--	0.00	--
07052	Pastrami, turkey	0.00	0.02	--
07053	Pate, chicken liver, canned	--	0.00	--
07054	Pate, goose liver, smoked, canned	--	0.00	--
07055	Pate, liver, not specified, canned	--	0.00	--
07056	Peppered loaf, pork, beef	--	0.00	--
07058	Pickle and pimiento loaf, pork	--	0.00	--
07059	Polish sausage, pork	--	0.00	--
07060	Luxury loaf, pork	--	0.00	--
07061	Mother's loaf, pork	--	0.00	--
07062	Picnic loaf, pork, beef	--	0.00	--
07065	Pork and beef sausage, fresh, cooked	--	0.00	--
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0.00	0.02	--
07067	Poultry salad sandwich spread	--	0.00	--
07068	Salami, cooked, beef	--	0.00	--
07069	Salami, cooked, beef and pork	--	0.00	0.13
07070	Salami, cooked, turkey	0.00	0.02	--
07071	Salami, dry or hard, pork	--	0.00	--
07073	Sandwich spread, pork, beef	--	0.00	--
07074	Smoked link sausage, pork	--	0.00	0.17
07075	Sausage, smoked link sausage, pork and beef	--	0.00	0.21
07077	Smoked link sausage, pork and beef, nonfat dry milk added	--	0.00	--
07078	Thuringer, cervelat, summer sausage, beef, pork	--	0.00	--
07083	Sausage, Vienna, canned, chicken, beef, pork	--	0.00	--
07088	Honey roll sausage, beef	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
07089	Sausage, Italian, pork, cooked	--	0.00	--
07090	Luncheon sausage, pork and beef	--	0.00	--
07091	New england brand sausage, pork, beef	--	0.00	--
07900	Turkey, pork, and beef sausage, low fat, smoked	0.00	0.00	--
07905	Frankfurter, beef, pork, and turkey, fat free	--	0.00	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	--	0.00	--
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	--	0.00	--
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	--	0.00	--
07910	Bratwurst, veal, cooked	--	0.00	--
07911	Liverwurst spread	--	0.00	--
07912	Roast beef spread	--	0.00	--
07913	Salami, pork, beef, less sodium	--	0.00	--
07914	Sausage, Italian, sweet, links	--	0.00	--
07916	Sausage, Polish, pork and beef, smoked	--	0.00	--
07917	Sausage, pork and beef, with cheddar cheese, smoked	--	0.00	--
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	--	0.00	--
07919	Sausage, turkey, breakfast links, mild	--	0.00	--
07920	Swisswurst, pork and beef, with swiss cheese, smoked	--	0.00	--
07921	Bacon and beef sticks	--	0.00	--
07922	Bratwurst, beef and pork, smoked	--	0.00	--
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.00	0.00	--
07927	Sausage, Italian, turkey, smoked	0.00	0.02	--
07928	Sausage, chicken, beef, pork, skinless, smoked	0.00	0.00	--
07929	Sausage, turkey, hot, smoked	0.00	0.02	--
07931	Beerwurst, pork and beef	--	0.00	--
07936	Bologna, pork and turkey, lite	0.00	0.00	--
07937	Bologna, pork, turkey and beef	0.00	0.00	--
07939	Frankfurter, pork	--	0.00	--
07942	Pate, truffle flavor	--	0.00	--
07944	Turkey, white, rotisserie, deli cut	0.00	0.00	--
07945	Frankfurter, beef, heated	--	0.00	--
07949	Frankfurter, meat, heated	--	0.00	--
07950	Frankfurter, meat	--	0.00	--
07951	Scrapple, pork	--	0.00	--
07952	Bologna, chicken, turkey, pork	--	0.00	0.25

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
07954	Beef sausage, pre-cooked	--	0.00	0.07
07955	Turkey sausage, fresh, raw	--	0.00	0.13
07956	Beef sausage, fresh, cooked	--	0.00	0.05
07957	Pork and turkey sausage, pre-cooked	--	0.00	0.20
07958	Turkey sausage, fresh, cooked	--	0.00	0.16
07959	Bologna, chicken, pork, beef	--	0.00	0.17
07960	Bologna, chicken, pork	--	0.00	0.20
07978	Pork sausage, reduced sodium, cooked	0.00	0.00	--
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	--	0.00	--
08002	Cereals ready-to-eat, POST, ALPHA-BITS	--	0.00	--
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	--	0.00	--
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	--	0.00	--
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	--	0.00	--
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	--	0.00	--
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	--	0.00	--
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	--	0.00	0.07
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	--	0.00	--
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	--	0.00	--
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	--	0.00	--
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	--	0.00	--
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	--	0.00	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	--	0.00	--
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	--	0.00	--
08025	Cereals ready-to-eat, RALSTON CRISP RICE	--	0.00	--
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	--	0.00	--
08029	Cereals ready-to-eat, POST Bran Flakes	--	0.00	--
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	--	0.00	--
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	--	0.00	--
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	--	0.00	--
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	--	0.00	--
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	--	0.00	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	--	0.00	--
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	--	0.00	--
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	--	0.00	0.04
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	--	0.00	--
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	--	0.00	--
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	--	0.00	0.04
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	--	0.00	--
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	--	0.00	--
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	--	0.00	--
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	--	0.00	--
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	--	0.00	0.06
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	--	0.00	--
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	--	0.00	--
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	--	0.00	--
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	--	0.00	--
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	--	0.00	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	--	0.00	--
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	--	0.00	--
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	--	0.00	--
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	--	0.00	--
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	--	0.00	--
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	--	0.00	--
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	--	0.00	--
08084	Cereals ready-to-eat, wheat germ, toasted, plain	--	0.00	--
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	--	0.00	--
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	--	0.00	--
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	--	0.00	--
08090	Cereals, corn grits, white, regular and quick, enriched, dry	--	0.00	--
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	--	0.00	--
08092	Cereals, QUAKER, corn grits, instant, plain, dry	--	0.00	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	--	0.00	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	--	0.00	--
08100	Cereals, CREAM OF RICE, dry	--	0.00	--
08101	Cereals, CREAM OF RICE, cooked with water, without salt	--	0.00	--
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	--	0.00	--
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	--	0.00	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	--	0.00	0.04
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	--	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
08106	Cereals, CREAM OF WHEAT, instant, dry	--	0.00	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	--	0.00	--
08113	Cereals, farina, enriched, cooked with water, without salt	--	0.00	0.01
08116	Cereals, MALT-O-MEAL, original, plain, dry	--	0.00	--
08120	Cereals, oats, regular and quick, not fortified, dry	--	0.00	--
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	--	0.00	0.02
08122	Cereals, oats, instant, fortified, plain, dry	--	0.00	0.07
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	--	0.00	--
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	--	0.00	0.05
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	--	0.00	--
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	--	0.00	0.05
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	--	0.00	0.04
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	--	0.00	--
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	--	0.00	--
08142	Cereals, WHEATENA, dry	--	0.00	--
08143	Cereals, WHEATENA, cooked with water	--	0.00	--
08144	Cereals, whole wheat hot natural cereal, dry	--	0.00	--
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	--	0.00	--
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	--	0.00	--
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	--	0.00	--
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	--	0.00	--
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	--	0.00	--
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	--	0.00	--
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	--	0.00	--
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	--	0.00	--
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	--	0.00	--
08168	Cereals, CREAM OF RICE, cooked with water, with salt	--	0.00	--
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	--	0.00	--
08172	Cereals, farina, unenriched, dry	--	0.00	--
08173	Cereals, farina, enriched, cooked with water, with salt	--	0.00	0.01
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	--	0.00	--
08182	Cereals, WHEATENA, cooked with water, with salt	--	0.00	--
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	--	0.00	--
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	--	0.00	--
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	--	0.00	--
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	--	0.00	--
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	--	0.00	--
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	--	0.00	--
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	--	0.00	--
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	--	0.00	--
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	--	0.00	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	--	0.00	--
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	--	0.00	--
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	--	0.00	--
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	--	0.00	--
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	--	0.00	--
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	--	0.00	--
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	0.00	--	--
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	--	0.00	--
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	--	0.00	--
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	--	0.00	--
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	--	0.00	--
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	--	0.00	--
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	--	0.00	--
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	--	0.00	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	--	0.00	--
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	--	0.00	--
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	--	0.00	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	--	0.00	--
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	--	0.00	--
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	--	0.00	--
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	--	0.00	0.16
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	--	0.00	--
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	--	0.00	--
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	--	0.00	--
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	--	0.00	--
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	--	0.00	--
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	--	0.00	--
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
08305	Cereals ready-to-eat, Post, Waffle Crisp	--	0.00	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	--	0.00	--
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	--	0.00	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	--	0.00	--
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	--	0.00	--
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	--	0.00	--
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	--	0.00	--
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	--	0.00	--
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	--	0.00	--
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	--	0.00	--
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	--	0.00	--
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	--	0.00	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	--	0.00	--
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	--	0.00	--
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	--	0.00	--
08393	Cereals ready-to-eat, KASHI GOLEAN	--	0.00	--
08402	Cereals, QUAKER, Quick Oats, Dry	--	0.00	--
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	--	0.00	--
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	--	0.00	0.06
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	--	0.00	--
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	--	0.00	0.04
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	--	0.00	--
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	--	0.00	--
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	--	0.00	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	--	0.00	--
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	--	0.00	--
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	--	0.00	--
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	--	0.00	--
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	--	0.00	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	--	0.00	--
08506	Cereals ready-to-eat, RALSTON Corn Flakes	--	0.00	--
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	--	0.00	--
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	--	0.00	--
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	--	0.00	--
08510	Milk and cereal bar	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	--	0.00	--
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	--	0.00	--
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	--	0.00	--
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	--	0.00	--
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	--	0.00	--
08546	Rice and Wheat cereal bar	--	0.00	--
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	--	0.00	--
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	--	0.00	--
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	--	0.00	--
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	--	0.00	--
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	--	0.00	1.61
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	--	0.00	0.04
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	--	0.00	0.01
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	--	0.00	0.01
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	--	0.00	0.05
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	--	0.00	0.01
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	--	0.00	0.01
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	--	0.00	--
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	--	0.00	--
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	--	0.00	--
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	--	0.00	--
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	--	0.00	--
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	--	0.00	--
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	--	0.00	--
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	--	0.00	--
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	--	0.00	--
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	--	0.00	--
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	--	0.00	--
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	--	0.00	--
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	--	0.00	--
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	--	0.00	--
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	--	0.00	--
08610	Cereals ready-to-eat, KASHI Honey Sunshine	--	0.00	--
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	--	0.00	--
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	--	0.00	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	--	0.00	--
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	--	0.00	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	--	0.00	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	--	0.00	--
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	--	0.00	0.05
09001	Acerola, (west indian cherry), raw	--	0.00	--
09002	Acerola juice, raw	--	0.00	--
09003	Apples, raw, with skin	--	0.00	--
09004	Apples, raw, without skin	--	0.00	--
09005	Apples, raw, without skin, cooked, boiled	--	0.00	--
09006	Apples, raw, without skin, cooked, microwave	--	0.00	--
09007	Apples, canned, sweetened, sliced, drained, unheated	--	0.00	--
09008	Apples, canned, sweetened, sliced, drained, heated	--	0.00	--
09009	Apples, dehydrated (low moisture), sulfured, uncooked	--	0.00	--
09011	Apples, dried, sulfured, uncooked	--	0.00	--
09012	Apples, dried, sulfured, stewed, without added sugar	--	0.00	--
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	--	0.00	--
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	--	0.00	--
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	--	0.00	--
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	--	0.00	--
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	--	0.00	--
09021	Apricots, raw	--	0.00	--
09022	Apricots, canned, water pack, with skin, solids and liquids	--	0.00	--
09024	Apricots, canned, juice pack, with skin, solids and liquids	--	0.00	--
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	--	0.00	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	--	0.00	--
09032	Apricots, dried, sulfured, uncooked	--	0.00	--
09033	Apricots, dried, sulfured, stewed, without added sugar	--	0.00	--
09035	Apricots, frozen, sweetened	--	0.00	--
09036	Apricot nectar, canned, without added ascorbic acid	--	0.00	--
09037	Avocados, raw, all commercial varieties	--	0.00	0.11
09038	Avocados, raw, California	--	0.00	0.11
09040	Bananas, raw	--	0.00	--
09041	Bananas, dehydrated, or banana powder	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09042	Blackberries, raw	--	0.00	--
09043	Blackberry juice, canned	--	0.00	--
09044	Cherries, tart, dried, sweetened	--	0.00	--
09046	Blackberries, canned, heavy syrup, solids and liquids	--	0.00	--
09048	Blackberries, frozen, unsweetened	--	0.00	--
09050	Blueberries, raw	--	0.00	--
09052	Blueberries, canned, heavy syrup, solids and liquids	--	0.00	--
09054	Blueberries, frozen, unsweetened	--	0.00	--
09055	Blueberries, frozen, sweetened	--	0.00	--
09056	Boysenberries, canned, heavy syrup	--	0.00	--
09057	Boysenberries, frozen, unsweetened	--	0.00	--
09059	Breadfruit, raw	--	0.00	--
09060	Carambola, (starfruit), raw	--	0.00	--
09062	Cherimoya, raw	--	0.00	0.16
09063	Cherries, sour, red, raw	--	0.00	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	--	0.00	--
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	--	0.00	--
09068	Cherries, sour, red, frozen, unsweetened	--	0.00	--
09070	Cherries, sweet, raw	--	0.00	--
09071	Cherries, sweet, canned, water pack, solids and liquids	--	0.00	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	--	0.00	--
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	--	0.00	--
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	--	0.00	--
09076	Cherries, sweet, frozen, sweetened	--	0.00	--
09078	Cranberries, raw	--	0.00	--
09079	Cranberries, dried, sweetened	--	0.00	0.02
09081	Cranberry sauce, canned, sweetened	--	0.00	--
09084	Currants, red and white, raw	--	0.00	--
09085	Currants, zante, dried	--	0.00	--
09087	Dates, deglet noor	--	0.00	--
09088	Elderberries, raw	--	0.00	--
09089	Figs, raw	--	0.00	--
09090	Figs, canned, water pack, solids and liquids	--	0.00	--
09091	Figs, canned, light syrup pack, solids and liquids	--	0.00	--
09092	Figs, canned, heavy syrup pack, solids and liquids	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09094	Figs, dried, uncooked	--	0.00	--
09095	Figs, dried, stewed	--	0.00	--
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	--	0.00	--
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	--	0.00	--
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	--	0.00	--
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	--	0.00	--
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	--	0.00	--
09107	Gooseberries, raw	--	0.00	--
09109	Gooseberries, canned, light syrup pack, solids and liquids	--	0.00	--
09111	Grapefruit, raw, pink and red and white, all areas	--	0.00	--
09112	Grapefruit, raw, pink and red, all areas	--	0.00	--
09114	Grapefruit, raw, pink and red, Florida	--	0.00	--
09116	Grapefruit, raw, white, all areas	--	0.00	--
09119	Grapefruit, sections, canned, water pack, solids and liquids	--	0.00	--
09120	Grapefruit, sections, canned, juice pack, solids and liquids	--	0.00	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	--	0.00	--
09123	Grapefruit juice, white, canned or bottled, unsweetened	--	0.00	--
09124	Grapefruit juice, white, canned, sweetened	--	0.00	--
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	--	0.00	--
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	--	0.00	--
09127	Grapefruit juice, pink or red, with added calcium	--	0.00	--
09128	Grapefruit juice, white, raw	--	0.00	--
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	--	0.00	--
09131	Grapes, american type (slip skin), raw	--	0.00	--
09132	Grapes, red or green (European type, such as Thompson seedless), raw	--	0.00	--
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	--	0.00	--
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	--	0.00	--
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	--	0.00	--
09139	Guavas, common, raw	--	0.00	--
09143	Guava sauce, cooked	--	0.00	--
09144	Jackfruit, raw	--	0.00	0.08
09148	Kiwifruit, green, raw	--	0.00	--
09149	Kumquats, raw	--	0.00	--
09150	Lemons, raw, without peel	--	0.00	--
09152	Lemon juice, raw	--	0.00	0.01

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09153	Lemon juice from concentrate, canned or bottled	--	0.00	--
09154	Lemon juice, frozen, unsweetened, single strength	--	0.00	--
09156	Lemon peel, raw	--	0.00	--
09159	Limes, raw	--	0.00	--
09160	Lime juice, raw	--	0.00	--
09161	Lime juice, canned or bottled, unsweetened	--	0.00	--
09163	Blueberries, dried, sweetened	--	0.00	--
09164	Litchis, raw	--	0.00	--
09165	Litchis, dried	--	0.00	--
09167	Loganberries, frozen	--	0.00	--
09174	Loquats, raw	--	0.00	--
09175	Mammy-apple, (mamey), raw	--	0.00	--
09176	Mangos, raw	--	0.00	--
09181	Melons, cantaloupe, raw	--	0.00	--
09183	Melons, casaba, raw	--	0.00	--
09184	Melons, honeydew, raw	--	0.00	--
09185	Melon balls, frozen	--	0.00	--
09190	Mulberries, raw	--	0.00	--
09191	Nectarines, raw	--	0.00	--
09193	Olives, ripe, canned (small-extra large)	--	0.00	--
09194	Olives, ripe, canned (jumbo-super colossal)	--	0.00	--
09195	Olives, pickled, canned or bottled, green	--	0.00	--
09200	Oranges, raw, all commercial varieties	--	0.00	--
09203	Oranges, raw, Florida	--	0.00	--
09205	Oranges, raw, with peel	--	0.00	--
09206	Orange juice, raw	--	0.00	--
09207	Orange juice, canned, unsweetened	--	0.00	--
09209	Orange juice, chilled, includes from concentrate	--	0.00	--
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	--	0.00	--
09211	Orange juice, chilled, includes from concentrate, with added calcium	--	0.00	--
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	--	0.00	--
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	--	0.00	0.02
09214	Orange juice, frozen concentrate, unsweetened, undiluted	--	0.00	0.02
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	--	0.00	--
09216	Orange peel, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09217	Orange-grapefruit juice, canned or bottled, unsweetened	--	0.00	--
09218	Tangerines, (mandarin oranges), raw	--	0.00	--
09219	Tangerines, (mandarin oranges), canned, juice pack	--	0.00	--
09220	Tangerines, (mandarin oranges), canned, light syrup pack	--	0.00	--
09221	Tangerine juice, raw	--	0.00	--
09223	Tangerine juice, canned, sweetened	--	0.00	--
09226	Papayas, raw	--	0.00	--
09228	Papaya, canned, heavy syrup, drained	--	0.00	0.01
09229	Papaya nectar, canned	--	0.00	--
09231	Passion-fruit, (granadilla), purple, raw	--	0.00	--
09232	Passion-fruit juice, purple, raw	--	0.00	--
09233	Passion-fruit juice, yellow, raw	--	0.00	--
09236	Peaches, yellow, raw	--	0.00	--
09237	Peaches, canned, water pack, solids and liquids	--	0.00	--
09238	Peaches, canned, juice pack, solids and liquids	--	0.00	--
09240	Peaches, canned, light syrup pack, solids and liquids	--	0.00	--
09241	Peaches, canned, heavy syrup pack, solids and liquids	--	0.00	--
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	--	0.00	--
09246	Peaches, dried, sulfured, uncooked	--	0.00	--
09247	Peaches, dried, sulfured, stewed, without added sugar	--	0.00	--
09248	Peaches, dried, sulfured, stewed, with added sugar	--	0.00	--
09250	Peaches, frozen, sliced, sweetened	--	0.00	--
09251	Peach nectar, canned, without added ascorbic acid	--	0.00	--
09252	Pears, raw	--	0.00	--
09253	Pears, canned, water pack, solids and liquids	--	0.00	--
09254	Pears, canned, juice pack, solids and liquids	--	0.00	--
09256	Pears, canned, light syrup pack, solids and liquids	--	0.00	--
09257	Pears, canned, heavy syrup pack, solids and liquids	--	0.00	--
09259	Pears, dried, sulfured, uncooked	--	0.00	--
09260	Pears, dried, sulfured, stewed, without added sugar	--	0.00	--
09261	Pears, dried, sulfured, stewed, with added sugar	--	0.00	--
09262	Pear nectar, canned, without added ascorbic acid	--	0.00	--
09263	Persimmons, japanese, raw	--	0.00	--
09266	Pineapple, raw, all varieties	--	0.00	--
09267	Pineapple, canned, water pack, solids and liquids	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09268	Pineapple, canned, juice pack, solids and liquids	--	0.00	--
09269	Pineapple, canned, light syrup pack, solids and liquids	--	0.00	--
09270	Pineapple, canned, heavy syrup pack, solids and liquids	--	0.00	--
09272	Pineapple, frozen, chunks, sweetened	--	0.00	--
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	--	0.00	--
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	--	0.00	--
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	--	0.00	--
09277	Plantains, raw	--	0.00	--
09278	Plantains, cooked	--	0.00	--
09279	Plums, raw	--	0.00	--
09281	Plums, canned, purple, water pack, solids and liquids	--	0.00	--
09282	Plums, canned, purple, juice pack, solids and liquids	--	0.00	--
09283	Plums, canned, purple, light syrup pack, solids and liquids	--	0.00	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	--	0.00	--
09286	Pomegranates, raw	--	0.00	--
09287	Prickly pears, raw	--	0.00	--
09291	Plums, dried (prunes), uncooked	--	0.00	--
09292	Plums, dried (prunes), stewed, without added sugar	--	0.00	--
09293	Plums, dried (prunes), stewed, with added sugar	--	0.00	--
09294	Prune juice, canned	--	0.00	--
09296	Quinces, raw	--	0.00	--
09297	Raisins, golden seedless	--	0.00	--
09298	Raisins, seedless	--	0.00	--
09299	Raisins, seeded	--	0.00	--
09302	Raspberries, raw	--	0.00	--
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	--	0.00	--
09306	Raspberries, frozen, red, sweetened	--	0.00	--
09307	Rhubarb, raw	--	0.00	--
09309	Rhubarb, frozen, uncooked	--	0.00	--
09310	Rhubarb, frozen, cooked, with sugar	--	0.00	--
09313	Sapodilla, raw	--	0.00	--
09314	Sapote, mamey, raw	--	0.00	0.08
09315	Soursop, raw	--	0.00	--
09316	Strawberries, raw	--	0.00	--
09317	Strawberries, canned, heavy syrup pack, solids and liquids	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09318	Strawberries, frozen, unsweetened	--	0.00	--
09319	Strawberries, frozen, sweetened, whole	--	0.00	--
09320	Strawberries, frozen, sweetened, sliced	--	0.00	--
09321	Sugar-apples, (sweetsop), raw	--	0.00	--
09322	Tamarinds, raw	--	0.00	--
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	--	0.00	--
09326	Watermelon, raw	--	0.00	--
09328	Maraschino cherries, canned, drained	--	0.00	--
09334	Feijoa, raw	--	0.00	0.03
09340	Pears, asian, raw	--	0.00	--
09351	Fruit cocktail, canned, heavy syrup, drained	--	0.00	--
09352	Blueberries, canned, light syrup, drained	--	0.00	--
09354	Pineapple, canned, juice pack, drained	--	0.00	--
09357	Apricots, canned, heavy syrup, drained	--	0.00	--
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	--	0.00	--
09370	Peaches, canned, heavy syrup, drained	--	0.00	--
09374	Pears, canned, heavy syrup, drained	--	0.00	--
09379	Plums, canned, heavy syrup, drained	--	0.00	--
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	--	0.00	--
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	--	0.00	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	--	0.00	--
09434	Guanabana nectar, canned	--	0.00	--
09436	Mango nectar, canned	--	0.00	--
09442	Pomegranate juice, bottled	--	0.00	--
09443	Juice, apple and grape blend, with added ascorbic acid	--	0.00	--
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	--	0.00	--
09452	Orange Pineapple Juice Blend	--	0.00	--
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	--	0.00	--
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	--	0.00	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	--	0.00	--
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	--	0.00	0.02
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	--	0.00	0.02
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	--	0.00	0.02
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	--	0.00	--
09518	Raspberries, frozen, unsweetened	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
09519	Guava nectar, with sucralose, canned	--	0.00	--
09520	Kiwifruit, ZESPRI SunGold, raw	--	0.00	0.04
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	--	0.00	--
09524	Lemon juice from concentrate, bottled, REAL LEMON	--	0.00	0.01
09530	Fruit juice smoothie, ODWALLA, strawberry banana	--	0.00	0.02
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	--	0.00	0.02
10000	Pork, fresh, composite of separable fat, with added solution, cooked	--	0.00	0.36
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	--	0.00	--
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	--	0.00	0.03
10004	Pork, fresh, backfat, raw	--	0.00	--
10005	Pork, fresh, belly, raw	--	0.00	--
10006	Pork, fresh, separable fat, raw	0.00	0.02	0.56
10007	Pork, fresh, separable fat, cooked	0.00	0.02	0.42
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	--	0.00	--
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	--	0.00	--
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	--	0.00	--
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.00	0.00	0.08
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.00	0.00	0.08
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	--	0.00	0.02
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	--	0.00	0.03
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.00	0.00	0.09
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.00	0.00	0.08
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	--	0.00	0.01
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	--	0.00	0.03
10020	Pork, fresh, loin, whole, separable lean and fat, raw	--	0.00	--
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	--	0.00	--
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	--	0.00	--
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	--	0.00	--
10024	Pork, fresh, loin, whole, separable lean only, raw	--	0.00	--
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	--	0.00	--
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	--	0.00	--
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	--	0.00	--
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.00	0.00	0.07
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.00	0.00	0.07
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.00	0.00	0.06

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.00	0.00	0.08
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	--	0.00	0.02
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	--	0.00	0.03
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	--	0.00	0.03
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	--	0.00	0.05
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	--	0.00	0.05
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.00	0.00	0.07
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	--	0.00	0.05
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.00	0.00	0.07
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	--	0.00	0.01
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	--	0.00	0.03
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	--	0.00	0.03
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	--	0.00	0.04
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	--	0.00	0.04
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.00	0.00	0.08
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	--	0.00	0.06
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.00	0.00	0.08
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	--	0.00	0.02
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	--	0.00	0.03
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	--	0.00	0.03
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	--	0.00	0.04
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	--	0.00	0.05
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.00	0.00	0.08
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0.00	0.00	0.04
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	--	0.00	0.06
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	--	0.00	0.02
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	--	0.00	0.04
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	--	0.00	--
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	--	0.00	0.04
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	--	0.00	0.01
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	--	0.00	0.01
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	--	0.00	0.03
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.00	0.00	0.04
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	--	0.00	0.04
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	--	0.00	0.04

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	--	0.00	0.01
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	--	0.00	0.02
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	--	0.00	0.02
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	--	0.00	0.02
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	--	0.00	--
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	--	0.00	--
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	--	0.00	--
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.00	0.00	0.10
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0.00	0.00	0.11
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	--	0.00	0.02
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	--	0.00	0.08
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	--	0.00	0.06
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	--	0.00	0.08
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	--	0.00	--
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	--	0.00	--
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	--	0.00	0.02
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	--	0.00	0.05
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	--	0.00	--
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	--	0.00	--
10088	Pork, fresh, spareribs, separable lean and fat, raw	--	0.00	0.08
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	--	0.00	--
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	--	0.00	0.02
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	--	0.00	0.01
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	--	0.00	0.03
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	--	0.00	0.03
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	--	0.00	--
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	--	0.00	--
10102	Pork, fresh, variety meats and by-products, feet, raw	--	0.00	0.04
10103	Pork, fresh, variety meats and by-products, heart, raw	--	0.00	--
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	--	0.00	--
10105	Pork, fresh, variety meats and by-products, jowl, raw	--	0.00	--
10106	Pork, fresh, variety meats and by-products, kidneys, raw	--	0.00	--
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	--	0.00	--
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	--	0.00	--
10110	Pork, fresh, variety meats and by-products, liver, raw	0.00	0.02	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0.00	0.03	--
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	--	0.00	--
10115	Pork, fresh, variety meats and by-products, pancreas, raw	--	0.00	--
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	--	0.00	--
10117	Pork, fresh, variety meats and by-products, spleen, raw	--	0.00	--
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	--	0.00	--
10119	Pork, fresh, variety meats and by-products, stomach, raw	--	0.00	0.02
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	--	0.00	0.03
10121	Pork, fresh, variety meats and by-products, tongue, raw	--	0.00	--
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	--	0.00	--
10128	Pork, cured, breakfast strips, raw or unheated	--	0.00	--
10132	Pork, cured, feet, pickled	--	0.00	0.03
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	--	0.00	--
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	--	0.00	--
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	--	0.00	--
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	--	0.00	--
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	--	0.00	--
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	--	0.00	--
10146	Pork, cured, ham, patties, unheated	--	0.00	--
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	--	0.00	--
10150	Pork, cured, ham, whole, separable lean and fat, unheated	--	0.00	--
10152	Pork, cured, ham, whole, separable lean only, unheated	--	0.00	--
10153	Pork, cured, ham, whole, separable lean only, roasted	--	0.00	--
10158	USDA Commodity, pork, canned	--	0.00	--
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	--	0.00	0.02
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.00	0.00	0.07
10165	Pork, cured, salt pork, raw	--	0.00	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	--	0.00	--
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	--	0.00	--
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	--	0.00	--
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	--	0.00	--
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	--	0.00	--
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	--	0.00	0.06
10174	Pork, fresh, variety meats and by-products, tail, raw	--	0.00	--
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	--	0.00	0.03
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	--	0.00	0.03
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.00	0.00	0.07
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.00	0.00	0.08
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	--	0.00	0.02
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	--	0.00	--
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	--	0.00	--
10184	Pork, cured, ham, extra lean and regular, canned, unheated	--	0.00	--
10185	Pork, cured, ham, extra lean and regular, canned, roasted	--	0.00	--
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.00	0.00	0.04
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	--	0.00	0.04
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.00	0.00	0.07
10192	Pork, fresh, backribs, separable lean and fat, raw	0.00	0.00	0.10
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.00	0.00	0.13
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	--	0.00	--
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	--	0.00	--
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	--	0.00	--
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	--	0.00	0.04
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	--	0.00	0.08
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0.00	0.00	--
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	--	0.00	0.02
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	--	0.00	0.06
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	--	0.00	--
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	--	0.00	0.02
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	--	0.00	0.01
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	--	0.00	0.02
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.00	0.00	0.04
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	--	0.00	0.01
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	--	0.00	--
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	--	0.00	0.01
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	--	0.00	0.02
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	--	0.00	0.02
10220	Pork, fresh, ground, cooked	--	0.00	--
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	--	0.00	0.02
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	--	0.00	0.04

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	--	0.00	0.01
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	--	0.00	0.04
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	--	0.00	0.03
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	0.00	0.00	--
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	0.00	0.01	--
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	--	0.00	--
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	--	0.00	0.02
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	--	0.00	--
10860	Pork, cured, bacon, cooked, baked	--	0.00	0.21
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	--	0.00	0.02
10864	Pork, bacon, rendered fat, cooked	--	0.00	0.48
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	--	0.00	0.01
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	--	0.00	0.01
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	--	0.00	0.02
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	--	0.00	0.02
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	--	0.00	0.01
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	--	0.00	0.02
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	--	0.00	0.03
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	--	0.00	0.02
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	--	0.00	0.02
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	--	0.00	0.02
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	--	0.00	0.01
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	--	0.00	0.01
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	--	0.00	0.02
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	--	0.00	0.02
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	--	0.00	0.02
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	--	0.00	0.02
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	--	0.00	0.02
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	--	0.00	0.01
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	--	0.00	0.02
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	--	0.00	0.01
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	--	0.00	0.01
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	--	0.00	0.01
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	--	0.00	0.02
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	--	0.00	0.02

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	--	0.00	0.02
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	--	0.00	0.02
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	--	0.00	0.01
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	--	0.00	0.01
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	--	0.00	0.01
10894	Pork, cured, ham, separable fat, boneless, heated	--	0.00	0.27
10895	Pork, cured, ham, separable fat, boneless, unheated	--	0.00	0.29
10898	Pork, pickled pork hocks	--	0.00	0.04
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	--	0.00	0.03
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	--	0.00	--
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	--	0.00	0.03
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	--	0.00	--
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	--	0.00	--
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	--	0.00	--
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	--	0.00	0.02
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	--	0.00	--
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	--	0.00	--
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	--	0.00	--
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	--	0.00	0.03
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	--	0.00	--
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	--	0.00	--
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	--	0.00	--
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	--	0.00	--
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	--	0.00	0.02
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	--	0.00	0.02
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	--	0.00	--
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	--	0.00	0.02
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	--	0.00	0.03
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	--	0.00	0.02
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	--	0.00	0.01
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	--	0.00	0.02
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	--	0.00	0.06
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	--	0.00	0.03
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	--	0.00	0.02
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	--	0.00	0.03
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	--	0.00	0.02
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	--	0.00	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	--	0.00	--
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	--	0.00	0.05
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	--	0.00	0.03
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	--	0.00	--
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	--	0.00	0.12
10942	Pork, fresh, composite of separable fat, with added solution, raw	--	0.00	0.32
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	--	0.00	0.01
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	--	0.00	0.01
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	--	0.00	0.04
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	--	0.00	0.02
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	--	0.00	0.01
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	--	0.00	0.08
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	--	0.00	0.01
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	--	0.00	0.02
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	--	0.00	0.05
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	--	0.00	0.08
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	--	0.00	--
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	--	0.00	0.02
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	--	0.00	0.01
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	--	0.00	0.01
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	--	0.00	0.01
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	--	0.00	0.01
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	--	0.00	0.01
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	--	0.00	0.01
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	--	0.00	0.01
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	--	0.00	0.05

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	--	0.00	0.10
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	--	0.00	0.02
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	--	0.00	0.04
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	--	0.00	--
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	--	0.00	--
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	--	0.00	--
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	--	0.00	--
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.00	0.00	0.03
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.00	0.00	0.05
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.00	0.00	0.06
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.00	0.00	0.03
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.00	0.00	0.04
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.00	0.00	0.05
10998	Canadian bacon, cooked, pan-fried	0.00	0.00	0.01
11001	Alfalfa seeds, sprouted, raw	--	0.00	--
11007	Artichokes, (globe or french), raw	--	0.00	--
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	--	0.00	--
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	--	0.00	--
11011	Asparagus, raw	--	0.00	--
11012	Asparagus, cooked, boiled, drained	--	0.00	--
11013	Asparagus, canned, regular pack, solids and liquids	--	0.00	--
11015	Asparagus, canned, drained solids	--	0.00	--
11018	Asparagus, frozen, unprepared	--	0.00	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	--	0.00	--
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	--	0.00	--
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	--	0.00	--
11026	Bamboo shoots, raw	--	0.00	--
11028	Bamboo shoots, canned, drained solids	--	0.00	--
11031	Lima beans, immature seeds, raw	--	0.00	--
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	--	0.00	--
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	--	0.00	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	--	0.00	--
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	--	0.00	--
11039	Lima beans, immature seeds, frozen, baby, unprepared	--	0.00	--
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11043	Mung beans, mature seeds, sprouted, raw	--	0.00	--
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	--	0.00	--
11050	Beans, shellie, canned, solids and liquids	--	0.00	--
11052	Beans, snap, green, raw	--	0.00	--
11053	Beans, snap, green, cooked, boiled, drained, without salt	--	0.00	--
11054	Beans, snap, green, canned, regular pack, solids and liquids	--	0.00	--
11056	Beans, snap, green, canned, regular pack, drained solids	--	0.00	--
11060	Beans, snap, green, frozen, all styles, unprepared	--	0.00	--
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	--	0.00	--
11062	Beans, snap, green, frozen, all styles, microwaved	--	0.00	--
11080	Beets, raw	--	0.00	--
11081	Beets, cooked, boiled, drained	--	0.00	--
11082	Beets, canned, regular pack, solids and liquids	--	0.00	--
11084	Beets, canned, drained solids	--	0.00	--
11086	Beet greens, raw	--	0.00	--
11087	Beet greens, cooked, boiled, drained, without salt	--	0.00	--
11090	Broccoli, raw	--	0.00	--
11091	Broccoli, cooked, boiled, drained, without salt	--	0.00	--
11092	Broccoli, frozen, chopped, unprepared	--	0.00	--
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	--	0.00	--
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	--	0.00	--
11096	Broccoli raab, raw	--	0.00	--
11097	Broccoli raab, cooked	--	0.00	--
11098	Brussels sprouts, raw	--	0.00	--
11099	Brussels sprouts, cooked, boiled, drained, without salt	--	0.00	--
11100	Brussels sprouts, frozen, unprepared	--	0.00	--
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	--	0.00	--
11104	Burdock root, raw	--	0.00	--
11105	Burdock root, cooked, boiled, drained, without salt	--	0.00	--
11109	Cabbage, raw	--	0.00	--
11110	Cabbage, cooked, boiled, drained, without salt	--	0.00	--
11112	Cabbage, red, raw	--	0.00	--
11113	Cabbage, red, cooked, boiled, drained, without salt	--	0.00	--
11114	Cabbage, savoy, raw	--	0.00	--
11116	Cabbage, chinese (pak-choi), raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	--	0.00	--
11118	Cabbage, kimchi	--	0.00	--
11119	Cabbage, chinese (pe-tsai), raw	--	0.00	--
11124	Carrots, raw	--	0.00	--
11125	Carrots, cooked, boiled, drained, without salt	--	0.00	--
11126	Carrots, canned, regular pack, solids and liquids	--	0.00	--
11128	Carrots, canned, regular pack, drained solids	--	0.00	--
11130	Carrots, frozen, unprepared	--	0.00	--
11131	Carrots, frozen, cooked, boiled, drained, without salt	--	0.00	--
11134	Cassava, raw	--	0.00	--
11135	Cauliflower, raw	--	0.00	0.02
11136	Cauliflower, cooked, boiled, drained, without salt	--	0.00	--
11137	Cauliflower, frozen, unprepared	--	0.00	--
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	--	0.00	--
11141	Celeriac, raw	--	0.00	--
11143	Celery, raw	--	0.00	--
11144	Celery, cooked, boiled, drained, without salt	--	0.00	--
11147	Chard, swiss, raw	--	0.00	--
11148	Chard, swiss, cooked, boiled, drained, without salt	--	0.00	--
11149	Chayote, fruit, raw	--	0.00	--
11150	Chayote, fruit, cooked, boiled, drained, without salt	--	0.00	--
11152	Chicory greens, raw	--	0.00	--
11156	Chives, raw	--	0.00	--
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	--	0.00	--
11161	Collards, raw	--	0.00	--
11162	Collards, cooked, boiled, drained, without salt	--	0.00	--
11163	Collards, frozen, chopped, unprepared	--	0.00	--
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	--	0.00	--
11165	Coriander (cilantro) leaves, raw	--	0.00	--
11167	Corn, sweet, yellow, raw	--	0.00	0.01
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	--	0.00	--
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	--	0.00	--
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	--	0.00	0.02
11174	Corn, sweet, yellow, canned, cream style, regular pack	--	0.00	--
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	--	0.00	--
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	--	0.00	--
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	--	0.00	--
11182	Corn, yellow, whole kernel, frozen, microwaved	--	0.00	--
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	--	0.00	--
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	--	0.00	--
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	--	0.00	--
11197	Cowpeas, young pods with seeds, raw	--	0.00	--
11203	Cress, garden, raw	--	0.00	--
11204	Cress, garden, cooked, boiled, drained, without salt	--	0.00	--
11205	Cucumber, with peel, raw	--	0.00	--
11206	Cucumber, peeled, raw	--	0.00	--
11207	Dandelion greens, raw	--	0.00	--
11208	Dandelion greens, cooked, boiled, drained, without salt	--	0.00	--
11209	Eggplant, raw	--	0.00	--
11210	Eggplant, cooked, boiled, drained, without salt	--	0.00	--
11213	Endive, raw	--	0.00	--
11214	Escarole, cooked, boiled, drained, no salt added	--	0.00	--
11215	Garlic, raw	--	0.00	--
11216	Ginger root, raw	--	0.00	--
11223	Drumstick leaves, cooked, boiled, drained, without salt	--	0.00	--
11224	Hyacinth-beans, immature seeds, raw	--	0.00	--
11226	Jerusalem-artichokes, raw	--	0.00	--
11232	Jute, potherb, cooked, boiled, drained, without salt	--	0.00	--
11233	Kale, raw	--	0.00	--
11234	Kale, cooked, boiled, drained, without salt	--	0.00	--
11235	Kale, frozen, unprepared	--	0.00	--
11236	Kale, frozen, cooked, boiled, drained, without salt	--	0.00	--
11240	Mushrooms, morel, raw	--	0.00	--
11241	Kohlrabi, raw	--	0.00	--
11242	Kohlrabi, cooked, boiled, drained, without salt	--	0.00	--
11243	Mushrooms, portabella, grilled	--	0.00	--
11245	Lambsquarters, cooked, boiled, drained, without salt	--	0.00	--
11246	Leeks, (bulb and lower leaf-portion), raw	--	0.00	--
11250	Lettuce, butterhead (includes boston and bibb types), raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11251	Lettuce, cos or romaine, raw	--	0.00	--
11252	Lettuce, iceberg (includes crisphead types), raw	--	0.00	--
11253	Lettuce, green leaf, raw	--	0.00	--
11255	Lotus root, cooked, boiled, drained, without salt	--	0.00	--
11257	Lettuce, red leaf, raw	--	0.00	--
11260	Mushrooms, white, raw	--	0.00	--
11261	Mushrooms, white, cooked, boiled, drained, without salt	--	0.00	--
11263	Mushrooms, white, stir-fried	--	0.00	--
11264	Mushrooms, canned, drained solids	--	0.00	--
11266	Mushrooms, brown, italian, or crimini, raw	--	0.00	--
11267	Mushrooms, shiitake, stir-fried	--	0.00	--
11268	Mushrooms, shiitake, dried	--	0.00	--
11269	Mushrooms, shiitake, cooked, without salt	--	0.00	--
11270	Mustard greens, raw	--	0.00	--
11271	Mustard greens, cooked, boiled, drained, without salt	--	0.00	--
11272	Mustard greens, frozen, unprepared	--	0.00	--
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	--	0.00	--
11274	Mustard spinach, (tendergreen), raw	--	0.00	--
11278	Okra, raw	--	0.00	--
11279	Okra, cooked, boiled, drained, without salt	--	0.00	--
11280	Okra, frozen, unprepared	--	0.00	--
11281	Okra, frozen, cooked, boiled, drained, without salt	--	0.00	--
11282	Onions, raw	--	0.00	--
11283	Onions, cooked, boiled, drained, without salt	--	0.00	--
11284	Onions, dehydrated flakes	--	0.00	--
11285	Onions, canned, solids and liquids	--	0.00	--
11286	Onions, yellow, sauteed	--	0.00	--
11287	Onions, frozen, chopped, unprepared	--	0.00	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	--	0.00	--
11289	Onions, frozen, whole, unprepared	--	0.00	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	--	0.00	--
11291	Onions, spring or scallions (includes tops and bulb), raw	--	0.00	--
11292	Onions, young green, tops only	--	0.00	0.02
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	--	0.00	0.79
11297	Parsley, fresh	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11299	Parsnips, cooked, boiled, drained, without salt	--	0.00	--
11300	Peas, edible-podded, raw	--	0.00	--
11301	Peas, edible-podded, boiled, drained, without salt	--	0.00	--
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	--	0.00	--
11304	Peas, green, raw	--	0.00	--
11305	Peas, green, cooked, boiled, drained, without salt	--	0.00	--
11306	Peas, green, canned, regular pack, solids and liquids	--	0.00	--
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	--	0.00	--
11311	Peas, green, canned, drained solids, rinsed in tap water	--	0.00	--
11312	Peas, green, frozen, unprepared	--	0.00	--
11313	Peas, green, frozen, cooked, boiled, drained, without salt	--	0.00	--
11322	Peas and carrots, frozen, unprepared	--	0.00	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	--	0.00	--
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	--	0.00	--
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	--	0.00	--
11333	Peppers, sweet, green, raw	--	0.00	--
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	--	0.00	--
11339	Peppers, sweet, green, sauteed	--	0.00	--
11344	Pigeonpeas, immature seeds, raw	--	0.00	--
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	--	0.00	--
11349	Poi	--	0.00	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	--	0.00	--
11352	Potatoes, flesh and skin, raw	--	0.00	--
11353	Potatoes, russet, flesh and skin, raw	--	0.00	--
11354	Potatoes, white, flesh and skin, raw	--	0.00	--
11355	Potatoes, red, flesh and skin, raw	--	0.00	--
11356	Potatoes, Russet, flesh and skin, baked	--	0.00	--
11357	Potatoes, white, flesh and skin, baked	--	0.00	--
11358	Potatoes, red, flesh and skin, baked	--	0.00	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	--	0.00	0.02
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	--	0.00	0.02
11363	Potatoes, baked, flesh, without salt	--	0.00	--
11364	Potatoes, baked, skin, without salt	--	0.00	--
11365	Potatoes, boiled, cooked in skin, flesh, without salt	--	0.00	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11370	Potatoes, hash brown, home-prepared	--	0.00	--
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	--	0.00	--
11374	Potatoes, canned, solids and liquids	--	0.00	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	--	0.00	0.02
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	--	0.00	--
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	--	0.00	--
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	--	0.00	--
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	--	0.00	--
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	--	0.00	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	--	0.00	0.37
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	--	0.00	0.02
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	--	0.00	0.02
11398	Potato puffs, frozen, unprepared	--	0.00	0.22
11399	Potato puffs, frozen, oven-heated	--	0.00	--
11400	Potatoes, frozen, whole, unprepared	--	0.00	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	--	0.00	0.02
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	--	0.00	0.22
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	--	0.00	0.02
11413	Potato flour	--	0.00	--
11417	Pumpkin flowers, cooked, boiled, drained, without salt	--	0.00	--
11419	Pumpkin leaves, cooked, boiled, drained, without salt	--	0.00	--
11422	Pumpkin, raw	--	0.00	--
11423	Pumpkin, cooked, boiled, drained, without salt	--	0.00	--
11424	Pumpkin, canned, without salt	--	0.00	--
11429	Radishes, raw	--	0.00	--
11430	Radishes, oriental, raw	--	0.00	--
11431	Radishes, oriental, cooked, boiled, drained, without salt	--	0.00	--
11432	Radishes, oriental, dried	--	0.00	--
11435	Rutabagas, raw	--	0.00	--
11436	Rutabagas, cooked, boiled, drained, without salt	--	0.00	--
11438	Salsify, cooked, boiled, drained, without salt	--	0.00	--
11439	Sauerkraut, canned, solids and liquids	--	0.00	--
11451	Soybeans, green, cooked, boiled, drained, without salt	--	0.00	--
11453	Soybeans, mature seeds, sprouted, cooked, steamed	--	0.00	--
11457	Spinach, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11458	Spinach, cooked, boiled, drained, without salt	--	0.00	--
11459	Spinach, canned, regular pack, solids and liquids	--	0.00	--
11461	Spinach, canned, regular pack, drained solids	--	0.00	--
11463	Spinach, frozen, chopped or leaf, unprepared	--	0.00	--
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	--	0.00	--
11467	Squash, summer, crookneck and straightneck, raw	--	0.00	0.04
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	--	0.00	--
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	--	0.00	--
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	--	0.00	--
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	--	0.00	--
11475	Squash, summer, scallop, raw	--	0.00	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	--	0.00	--
11477	Squash, summer, zucchini, includes skin, raw	--	0.00	0.06
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	--	0.00	--
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	--	0.00	--
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	--	0.00	--
11485	Squash, winter, butternut, raw	--	0.00	--
11487	Squash, winter, butternut, frozen, unprepared	--	0.00	--
11489	Squash, winter, hubbard, raw	--	0.00	--
11490	Squash, winter, hubbard, baked, without salt	--	0.00	--
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	--	0.00	--
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	--	0.00	--
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	--	0.00	--
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	--	0.00	--
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	--	0.00	--
11506	Sweet potato leaves, cooked, steamed, without salt	--	0.00	--
11507	Sweet potato, raw, unprepared	--	0.00	--
11508	Sweet potato, cooked, baked in skin, flesh, without salt	--	0.00	--
11510	Sweet potato, cooked, boiled, without skin	--	0.00	--
11512	Sweet potato, canned, vacuum pack	--	0.00	--
11518	Taro, raw	--	0.00	--
11519	Taro, cooked, without salt	--	0.00	--
11520	Taro leaves, raw	--	0.00	--
11527	Tomatoes, green, raw	--	0.00	--
11529	Tomatoes, red, ripe, raw, year round average	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11530	Tomatoes, red, ripe, cooked	--	0.00	--
11531	Tomatoes, red, ripe, canned, packed in tomato juice	--	0.00	--
11533	Tomatoes, red, ripe, canned, stewed	--	0.00	--
11540	Tomato juice, canned, with salt added	--	0.00	0.00
11546	Tomato products, canned, paste, without salt added	--	0.00	--
11547	Tomato products, canned, puree, without salt added	--	0.00	--
11549	Tomato products, canned, sauce	--	0.00	--
11551	Tomato products, canned, sauce, with mushrooms	--	0.00	--
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	--	0.00	--
11563	Tree fern, cooked, without salt	--	0.00	--
11564	Turnips, raw	--	0.00	--
11565	Turnips, cooked, boiled, drained, without salt	--	0.00	--
11567	Turnips, frozen, cooked, boiled, drained, without salt	--	0.00	--
11568	Turnip greens, raw	--	0.00	--
11569	Turnip greens, cooked, boiled, drained, without salt	--	0.00	--
11574	Turnip greens, frozen, unprepared	--	0.00	--
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	--	0.00	--
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	--	0.00	--
11578	Vegetable juice cocktail, canned	--	0.00	0.01
11579	Vegetables, mixed, canned, solids and liquids	--	0.00	--
11581	Vegetables, mixed, canned, drained solids	--	0.00	--
11583	Vegetables, mixed, frozen, unprepared	--	0.00	--
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	--	0.00	--
11585	Vegetable juice cocktail, low sodium, canned	--	0.00	0.01
11588	Waterchestnuts, chinese, (matai), raw	--	0.00	--
11590	Waterchestnuts, chinese, canned, solids and liquids	--	0.00	--
11591	Watercress, raw	--	0.00	--
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	--	0.00	--
11601	Yam, raw	--	0.00	--
11602	Yam, cooked, boiled, drained, or baked, without salt	--	0.00	--
11603	Yambean (jicama), raw	--	0.00	--
11609	Beets, pickled, canned, solids and liquids	--	0.00	--
11615	Chives, freeze-dried	--	0.00	--
11621	Drumstick pods, cooked, boiled, drained, without salt	--	0.00	--
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11632	Peppers, jalapeno, canned, solids and liquids	--	0.00	--
11634	Peppers, sweet, green, freeze-dried	--	0.00	--
11640	Shallots, freeze-dried	--	0.00	--
11641	Squash, summer, all varieties, raw	--	0.00	--
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	--	0.00	--
11643	Squash, winter, all varieties, raw	--	0.00	--
11644	Squash, winter, all varieties, cooked, baked, without salt	--	0.00	--
11645	Sweet potato, canned, syrup pack, solids and liquids	--	0.00	--
11655	Carrot juice, canned	--	0.00	--
11657	Potatoes, mashed, home-prepared, whole milk added	--	0.00	--
11659	Sweet potato, cooked, candied, home-prepared	--	0.00	--
11660	Tomatoes, red, ripe, cooked, stewed	--	0.00	--
11667	Seaweed, spirulina, dried	--	0.00	--
11670	Peppers, hot chili, green, raw	--	0.00	--
11674	Potatoes, baked, flesh and skin, without salt	--	0.00	--
11677	Shallots, raw	--	0.00	--
11683	Carrot, dehydrated	--	0.00	--
11693	Tomatoes, crushed, canned	--	0.00	--
11695	Tomatoes, orange, raw	--	0.00	--
11705	Asparagus, cooked, boiled, drained, with salt	--	0.00	--
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	--	0.00	--
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	--	0.00	--
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	--	0.00	--
11729	Beans, snap, green, canned, no salt added, drained solids	--	0.00	--
11730	Beans, snap, yellow, frozen, all styles, unprepared	--	0.00	--
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	--	0.00	--
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	--	0.00	--
11735	Beets, canned, no salt added, solids and liquids	--	0.00	--
11751	Cabbage, common, cooked, boiled, drained, with salt	--	0.00	--
11757	Carrots, cooked, boiled, drained, with salt	--	0.00	--
11758	Carrots, canned, no salt added, solids and liquids	--	0.00	--
11760	Carrots, frozen, cooked, boiled, drained, with salt	--	0.00	--
11766	Chayote, fruit, cooked, boiled, drained, with salt	--	0.00	--
11768	Collards, cooked, boiled, drained, with salt	--	0.00	--
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	--	0.00	--
11799	Mustard greens, cooked, boiled, drained, with salt	--	0.00	--
11804	Okra, frozen, cooked, boiled, drained, with salt	--	0.00	--
11805	Onions, cooked, boiled, drained, with salt	--	0.00	--
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.00	--	--
11812	Peas, green, canned, no salt added, solids and liquids	--	0.00	--
11816	Peas and carrots, canned, no salt added, solids and liquids	--	0.00	--
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	--	0.00	--
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	--	0.00	--
11819	Peppers, hot chili, red, raw	--	0.00	--
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	--	0.00	--
11821	Peppers, sweet, red, raw	--	0.00	--
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	--	0.00	--
11828	Potatoes, baked, flesh and skin, with salt	--	0.00	--
11831	Potatoes, boiled, cooked in skin, flesh, with salt	--	0.00	--
11833	Potatoes, boiled, cooked without skin, flesh, with salt	--	0.00	--
11851	Rutabagas, cooked, boiled, drained, with salt	--	0.00	--
11855	Spinach, canned, no salt added, solids and liquids	--	0.00	--
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	--	0.00	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	--	0.00	--
11863	Squash, winter, all varieties, cooked, baked, with salt	--	0.00	--
11868	Squash, winter, hubbard, baked, with salt	--	0.00	--
11874	Sweet potato leaves, cooked, steamed, with salt	--	0.00	--
11875	Sweet potato, cooked, baked in skin, flesh, with salt	--	0.00	--
11876	Sweet potato, cooked, boiled, without skin, with salt	--	0.00	--
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	--	0.00	--
11886	Tomato juice, canned, without salt added	--	0.00	0.00
11888	Tomato products, canned, puree, with salt added	--	0.00	--
11889	Turnips, cooked, boiled, drained, with salt	--	0.00	--
11890	Turnips, frozen, cooked, boiled, drained, with salt	--	0.00	--
11897	Yam, cooked, boiled, drained, or baked, with salt	--	0.00	--
11901	Corn, sweet, white, cooked, boiled, drained, without salt	--	0.00	--
11902	Corn, sweet, white, cooked, boiled, drained, with salt	--	0.00	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	--	0.00	0.02
11906	Corn, sweet, white, canned, cream style, regular pack	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	--	0.00	--
11917	Peppers, sweet, red, frozen, chopped, unprepared	--	0.00	--
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	--	0.00	--
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	--	0.00	--
11921	Peppers, sweet, red, sauteed	--	0.00	--
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	--	0.00	--
11931	Peppers, sweet, red, freeze-dried	--	0.00	--
11932	Beans, snap, yellow, canned, regular pack, drained solids	--	0.00	--
11934	Potatoes, mashed, home-prepared, whole milk and butter added	--	0.00	--
11935	Catsup	--	0.00	--
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	--	0.00	--
11937	Pickles, cucumber, dill or kosher dill	--	0.00	--
11938	Mushroom, white, exposed to ultraviolet light, raw	--	0.00	--
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	--	0.00	--
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	--	0.00	--
11941	Pickles, cucumber, sour	--	0.00	--
11943	Pimento, canned	--	0.00	--
11945	Pickle relish, sweet	--	0.00	--
11946	Pickles, cucumber, sour, low sodium	--	0.00	--
11947	Pickles, cucumber, dill, reduced sodium	--	0.00	--
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	--	0.00	--
11949	Catsup, low sodium	--	0.00	--
11950	Mushrooms, enoki, raw	--	0.00	--
11952	Radicchio, raw	--	0.00	--
11954	Tomatillos, raw	--	0.00	--
11955	Tomatoes, sun-dried	--	0.00	--
11957	Fennel, bulb, raw	--	0.00	--
11959	Arugula, raw	--	0.00	--
11962	Peppers, hot chile, sun-dried	--	0.00	--
11963	Nopales, raw	--	0.00	--
11964	Nopales, cooked, without salt	--	0.00	--
11965	Cauliflower, green, raw	--	0.00	--
11967	Cauliflower, green, cooked, no salt added	--	0.00	--
11969	Broccoli, chinese, cooked	--	0.00	--
11974	Grape leaves, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
11976	Pepper, banana, raw	--	0.00	--
11977	Peppers, serrano, raw	--	0.00	--
11978	Peppers, ancho, dried	--	0.00	--
11979	Peppers, jalapeno, raw	--	0.00	0.05
11980	Peppers, chili, green, canned	--	0.00	--
11981	Peppers, hungarian, raw	--	0.00	--
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	--	0.00	--
11987	Mushrooms, oyster, raw	--	0.00	--
11993	Mushrooms, maitake, raw	--	0.00	--
12005	Seeds, breadnut tree seeds, dried	--	0.00	--
12007	Seeds, cottonseed flour, partially defatted (glandless)	--	0.00	--
12014	Seeds, pumpkin and squash seed kernels, dried	--	0.00	0.12
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	--	0.00	0.11
12023	Seeds, sesame seeds, whole, dried	--	0.00	--
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	--	0.00	--
12037	Seeds, sunflower seed kernels, dry roasted, without salt	--	0.00	--
12038	Seeds, sunflower seed kernels, oil roasted, without salt	--	0.00	0.08
12040	Seeds, sunflower seed butter, without salt	--	0.00	0.05
12041	Seeds, sunflower seed flour, partially defatted	--	0.00	--
12061	Nuts, almonds	--	0.00	0.00
12062	Nuts, almonds, blanched	--	0.00	--
12063	Nuts, almonds, dry roasted, without salt added	--	0.00	0.01
12065	Nuts, almonds, oil roasted, without salt added	--	0.00	--
12071	Nuts, almond paste	--	0.00	--
12078	Nuts, brazilnuts, dried, unblanched	--	0.00	0.02
12084	Nuts, butternuts, dried	--	0.00	--
12085	Nuts, cashew nuts, dry roasted, without salt added	--	0.00	--
12086	Nuts, cashew nuts, oil roasted, without salt added	--	0.00	--
12087	Nuts, cashew nuts, raw	--	0.00	--
12099	Nuts, chestnuts, european, dried, unpeeled	--	0.00	--
12104	Nuts, coconut meat, raw	--	0.00	--
12108	Nuts, coconut meat, dried (desiccated), not sweetened	--	0.00	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	--	0.00	--
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	--	0.00	--
12116	Nuts, coconut cream, canned, sweetened	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	--	0.00	--
12119	Nuts, coconut water (liquid from coconuts)	--	0.00	--
12120	Nuts, hazelnuts or filberts	--	0.00	--
12121	Nuts, hazelnuts or filberts, blanched	--	0.00	--
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	--	0.00	--
12129	Nuts, ginkgo nuts, canned	--	0.00	--
12130	Nuts, hickorynuts, dried	--	0.00	--
12131	Nuts, macadamia nuts, raw	--	0.00	--
12132	Nuts, macadamia nuts, dry roasted, without salt added	--	0.00	--
12142	Nuts, pecans	--	0.00	--
12143	Nuts, pecans, dry roasted, without salt added	--	0.00	--
12144	Nuts, pecans, oil roasted, without salt added	--	0.00	--
12147	Nuts, pine nuts, dried	--	0.00	0.11
12151	Nuts, pistachio nuts, raw	--	0.00	--
12152	Nuts, pistachio nuts, dry roasted, without salt added	--	0.00	0.21
12154	Nuts, walnuts, black, dried	--	0.00	2.68
12155	Nuts, walnuts, english	--	0.00	--
12157	Nuts, walnuts, dry roasted, with salt added	--	0.00	--
12160	Seeds, cottonseed kernels, roasted (glandless)	--	0.00	--
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	--	0.00	--
12167	Nuts, chestnuts, european, roasted	--	0.00	--
12169	Seeds, sesame butter, paste	--	0.00	--
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	--	0.00	--
12201	Seeds, sesame seed kernels, dried (decorticated)	--	0.00	--
12220	Seeds, flaxseed	--	0.00	--
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	--	0.00	0.11
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	--	0.00	--
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	--	0.00	--
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	--	0.00	--
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	--	0.00	0.08
12540	Seeds, sunflower seed butter, with salt added	--	0.00	0.05
12563	Nuts, almonds, dry roasted, with salt added	--	0.00	0.01
12565	Nuts, almonds, oil roasted, with salt added	--	0.00	--
12585	Nuts, cashew nuts, dry roasted, with salt added	--	0.00	--
12586	Nuts, cashew nuts, oil roasted, with salt added	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
12588	Nuts, cashew butter, plain, with salt added	--	0.00	--
12632	Nuts, macadamia nuts, dry roasted, with salt added	--	0.00	--
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	--	0.00	--
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	--	0.00	--
12643	Nuts, pecans, dry roasted, with salt added	--	0.00	--
12644	Nuts, pecans, oil roasted, with salt added	--	0.00	--
12652	Nuts, pistachio nuts, dry roasted, with salt added	--	0.00	0.21
12665	Nuts, almonds, oil roasted, lightly salted	--	0.00	--
12695	Nuts, almond butter, plain, with salt added	--	0.00	--
12698	Seeds, sesame butter, tahini, type of kernels unspecified	--	0.00	--
13019	Beef, retail cuts, separable fat, raw	--	0.00	--
13020	Beef, retail cuts, separable fat, cooked	--	0.00	--
13023	Beef, brisket, whole, separable lean only, all grades, raw	--	0.00	--
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	0.00	--
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	--	0.00	--
13149	Beef, rib, shortribs, separable lean only, choice, raw	--	0.00	--
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
13166	USDA Commodity, beef, canned	--	0.00	--
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	--	0.00	--
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	--	0.00	--
13318	Beef, variety meats and by-products, brain, raw	0.00	0.85	--
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	0.00	0.67	--
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.00	0.86	--
13321	Beef, variety meats and by-products, heart, raw	--	0.00	0.01
13322	Beef, variety meats and by-products, heart, cooked, simmered	--	0.00	0.01
13323	Beef, variety meats and by-products, kidneys, raw	--	0.00	0.01
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	--	0.00	0.01
13325	Beef, variety meats and by-products, liver, raw	--	0.00	0.01
13326	Beef, variety meats and by-products, liver, cooked, braised	--	0.00	0.02

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	--	0.00	0.02
13328	Beef, variety meats and by-products, lungs, raw	--	0.00	--
13329	Beef, variety meats and by-products, lungs, cooked, braised	--	0.00	--
13330	Beef, variety meats and by-products, mechanically separated beef, raw	--	0.00	--
13331	Beef, variety meats and by-products, pancreas, raw	--	0.00	--
13332	Beef, variety meats and by-products, pancreas, cooked, braised	--	0.00	--
13333	Beef, variety meats and by-products, spleen, raw	--	0.00	--
13334	Beef, variety meats and by-products, spleen, cooked, braised	--	0.00	--
13335	Beef, variety meats and by-products, suet, raw	--	0.00	--
13337	Beef, variety meats and by-products, thymus, raw	--	0.00	--
13338	Beef, variety meats and by-products, thymus, cooked, braised	--	0.00	--
13339	Beef, variety meats and by-products, tongue, raw	--	0.00	--
13340	Beef, variety meats and by-products, tongue, cooked, simmered	--	0.00	0.07
13341	Beef, variety meats and by-products, tripe, raw	--	0.00	0.01
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	--	0.00	--
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
13344	Beef, cured, breakfast strips, raw or unheated	--	0.00	--
13345	Beef, cured, breakfast strips, cooked	--	0.00	--
13346	Beef, cured, corned beef, brisket, raw	--	0.00	--
13347	Beef, cured, corned beef, brisket, cooked	--	0.00	--
13348	Beef, cured, corned beef, canned	--	0.00	--
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--
13350	Beef, cured, dried	--	0.00	--
13353	Beef, cured, luncheon meat, jellied	--	0.00	--
13355	Beef, cured, pastrami	--	0.00	--
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	--	0.00	0.02
13357	Beef, cured, sausage, cooked, smoked	--	0.00	--
13358	Beef, cured, smoked, chopped beef	--	0.00	--
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	0.00	--
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	--	0.00	--
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	0.00	--
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	0.00	--
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	0.00	--
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	0.00	--
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	--	0.00	--
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	0.00	--
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	0.00	--
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	--	0.00	--
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	--	0.00	--
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	--	0.00	--
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	--	0.00	--
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	--	0.00	--
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	--	0.00	--
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	--
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	--	0.00	--
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	--	0.00	--
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	--	0.00	--
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	--	0.00	0.04
13498	Beef, ground, 70% lean meat / 30% fat, raw	--	0.00	0.06
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	--	0.00	0.01
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	0.00	0.01
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00	0.00	0.01
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	--
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	0.00	0.01
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	0.01
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	0.01
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	0.01
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	--	0.00	--
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00	0.00	0.01
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	--	0.00	--
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	0.00	--
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	0.00	--
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	--	0.00	--
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	0.00	--
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	0.00	--
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	--	0.00	--
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00	0.00	0.01
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	0.00	--
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	0.00	--
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	0.00	--
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	0.00	--
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	0.00	--
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	--	0.00	--
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	--	0.00	--
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	--
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	--	0.00	--
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	--
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	0.01
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	0.00	0.01
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	0.00	0.03
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	0.00	0.03
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	--	0.00	--
14003	Alcoholic beverage, beer, regular, all	--	0.00	--
14006	Alcoholic beverage, beer, light	--	0.00	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	--	0.00	--
14013	Alcoholic beverage, beer, light, low carb	--	0.00	--
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	--	0.00	--
14017	Alcoholic beverage, pina colada, prepared-from-recipe	--	0.00	--
14021	Beverages, Energy drink, Citrus	--	0.00	--
14022	Beverages, MONSTER energy drink, low carb	--	0.00	--
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	--	0.00	--
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	--	0.00	--
14028	Beverages, Whiskey sour mix, bottled	--	0.00	--
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	--	0.00	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	--	0.00	--
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	--	0.00	--
14033	Beverages, ABBOTT, EAS whey protein powder	--	0.00	--
14034	Alcoholic beverage, creme de menthe, 72 proof	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14035	Beverages, ABBOTT, EAS soy protein powder	--	0.00	--
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	--	0.00	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	--	0.00	--
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	--	0.00	--
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	--	0.00	--
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	--	0.00	--
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	--	0.00	--
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	--	0.00	--
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	--	0.00	--
14049	Alcoholic beverage, distilled, gin, 90 proof	--	0.00	--
14050	Alcoholic beverage, distilled, rum, 80 proof	--	0.00	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	--	0.00	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	--	0.00	--
14054	Beverages, almond milk, chocolate, ready-to-drink	--	0.00	--
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	--	0.00	--
14056	Beverages, Acai berry drink, fortified	--	0.00	--
14057	Alcoholic beverage, wine, dessert, sweet	--	0.00	--
14058	Beverages, Whey protein powder isolate	--	0.00	--
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	--	0.00	--
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	--	0.00	--
14061	Beverages, Energy Drink, sugar free	--	0.00	--
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	--	0.00	0.13
14063	Beverages, chocolate powder, no sugar added	--	0.00	--
14064	Beverages, Orange juice, light, No pulp	--	0.00	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	--	0.00	--
14066	Beverages, Protein powder whey based	--	0.00	--
14067	Beverages, Protein powder soy based	--	0.00	--
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	--	0.00	--
14073	Beverages, ZEVIA, cola	--	0.00	--
14074	Beverages, ZEVIA, cola, caffeine free	--	0.00	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	--	0.00	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	--	0.00	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	--	0.00	--
14080	Beverages, rich chocolate, powder	--	0.00	--
14083	Beverages, chocolate malt, powder, prepared with fat free milk	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14084	Alcoholic beverage, wine, table, all	--	0.00	--
14090	Beverages, Coconut water, ready-to-drink, unsweetened	--	0.00	--
14091	Beverages, almond milk, unsweetened, shelf stable	--	0.00	--
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	--	0.00	--
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	--	0.00	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	--	0.00	--
14096	Alcoholic beverage, wine, table, red	--	0.00	--
14106	Alcoholic beverage, wine, table, white	--	0.00	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	--	0.00	--
14121	Beverages, carbonated, club soda	--	0.00	--
14130	Carbonated beverage, cream soda	--	0.00	--
14136	Beverages, carbonated, ginger ale	--	0.00	--
14142	Beverages, carbonated, grape soda	--	0.00	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	--	0.00	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	--	0.00	--
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	--	0.00	--
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	--	0.00	--
14147	Beverages, carbonated, cola, without caffeine	--	0.00	--
14148	Beverages, carbonated, cola, regular	--	0.00	--
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	--	0.00	--
14150	Beverages, carbonated, orange	--	0.00	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	--	0.00	--
14154	Beverages, Energy drink, RED BULL	--	0.00	--
14155	Beverages, carbonated, tonic water	--	0.00	--
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	--	0.00	--
14157	Beverages, carbonated, root beer	--	0.00	--
14161	Beverages, Kiwi Strawberry Juice Drink	--	0.00	--
14162	Beverages, Apple juice drink, light, fortified with vitamin C	--	0.00	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	--	0.00	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	--	0.00	--
14165	Beverages, carbonated, limeade, high caffeine	--	0.00	--
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	--	0.00	--
14167	Beverages, POWERADE, Zero, Mixed Berry	--	0.00	--
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	--	0.00	--
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	--	0.00	--
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	--	0.00	--
14179	Beverages, coffee, ready to drink, milk based, sweetened	--	0.00	--
14180	Beverages, coffee, brewed, breakfast blend	--	0.00	--
14181	Beverages, chocolate syrup	--	0.00	--
14182	Beverages, chocolate syrup, prepared with whole milk	--	0.00	--
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	--	0.00	--
14187	Beverages, Clam and tomato juice, canned	--	0.00	--
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	--	0.00	--
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	--	0.00	--
14190	Beverages, tea, green, ready-to-drink, diet	--	0.00	--
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	--	0.00	--
14192	Beverages, Cocoa mix, powder	--	0.00	--
14194	Beverages, Cocoa mix, powder, prepared with water	--	0.00	--
14196	Beverages, Cocoa mix, no sugar added, powder	--	0.00	--
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	--	0.00	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	--	0.00	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	--	0.00	--
14203	Beverages, coffee, instant, regular, half the caffeine	--	0.00	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	--	0.00	--
14206	Beverages, tea, green, ready-to-drink, sweetened	--	0.00	--
14207	Beverages, tea, ready-to-drink, lemon, diet	--	0.00	--
14209	Beverages, coffee, brewed, prepared with tap water	--	0.00	--
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	--	0.00	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	--	0.00	--
14214	Beverages, coffee, instant, regular, powder	--	0.00	--
14215	Beverages, coffee, instant, regular, prepared with water	--	0.00	--
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	--	0.00	--
14217	Beverages, OCEAN SPRAY, Cran Grape	--	0.00	--
14218	Beverages, coffee, instant, decaffeinated, powder	--	0.00	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	--	0.00	--
14223	Beverages, coffee, instant, chicory	--	0.00	--
14224	Beverages, coffee, instant, mocha, sweetened	--	0.00	--
14236	Beverages, coffee substitute, cereal grain beverage, powder	--	0.00	--
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14238	Beverages, cranberry-apple juice drink, bottled	--	0.00	--
14239	Alcoholic beverage, malt beer, hard lemonade	--	0.00	--
14242	Cranberry juice cocktail, bottled	--	0.00	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	--	0.00	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	--	0.00	--
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	--	0.00	--
14247	Beverages, tea, black, ready to drink	--	0.00	--
14248	Alcoholic beverage, beer, light, higher alcohol	--	0.00	--
14250	Beverages, AMBER, hard cider	--	0.00	--
14251	Alcoholic beverages, beer, higher alcohol	--	0.00	--
14252	Beverages, Malt liquor beverage	--	0.00	--
14253	Alcoholic beverages, wine, rose	--	0.00	--
14260	Beverages, tea, green, brewed, decaffeinated	--	0.00	--
14261	Beverages, tea, green, ready to drink, unsweetened	--	0.00	--
14262	Beverages, citrus fruit juice drink, frozen concentrate	--	0.00	--
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	--	0.00	--
14264	Beverages, fruit punch drink, without added nutrients, canned	--	0.00	--
14267	Beverages, Fruit punch drink, with added nutrients, canned	--	0.00	--
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	--	0.00	--
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	--	0.00	--
14276	Beverages, Tropical Punch, ready-to-drink	--	0.00	--
14277	Beverages, grape drink, canned	--	0.00	--
14278	Beverages, tea, green, brewed, regular	--	0.00	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	--	0.00	--
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	--	0.00	--
14281	Beverages, tea, black, ready to drink, decaffeinated	--	0.00	--
14282	Beverages, grape juice drink, canned	--	0.00	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	--	0.00	--
14287	Beverages, Lemonade, powder	--	0.00	--
14288	Lemonade, powder, prepared with water	--	0.00	--
14292	Lemonade, frozen concentrate, white	--	0.00	--
14293	Lemonade, frozen concentrate, white, prepared with water	--	0.00	--
14296	Beverages, lemonade-flavor drink, powder	--	0.00	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	--	0.00	--
14303	Limeade, frozen concentrate, prepared with water	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14305	Malt beverage, includes non-alcoholic beer	--	0.00	--
14309	Beverages, OVALTINE, Classic Malt powder	--	0.00	--
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	--	0.00	--
14311	Beverages, Malted drink mix, natural, powder, dairy based.	--	0.00	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	--	0.00	--
14315	Beverages, OVALTINE, chocolate malt powder	--	0.00	--
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	--	0.00	--
14317	Beverages, malted drink mix, chocolate, powder	--	0.00	--
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	--	0.00	--
14323	Beverages, orange drink, canned, with added vitamin C	--	0.00	--
14327	Beverages, orange and apricot juice drink, canned	--	0.00	--
14334	Beverages, pineapple and grapefruit juice drink, canned	--	0.00	--
14341	Beverages, pineapple and orange juice drink, canned	--	0.00	--
14347	Shake, fast food, vanilla	--	0.00	--
14350	Strawberry-flavor beverage mix, powder	--	0.00	--
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	--	0.00	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	--	0.00	--
14353	Beverages, tea, instant, decaffeinated, unsweetened	--	0.00	--
14355	Beverages, tea, black, brewed, prepared with tap water	--	0.00	--
14356	Beverages, tea, instant, decaffeinated, lemon, diet	--	0.00	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	--	0.00	--
14366	Beverages, tea, instant, unsweetened, powder	--	0.00	--
14367	Beverages, tea, instant, unsweetened, prepared with water	--	0.00	--
14368	Beverages, tea, instant, lemon, unsweetened	--	0.00	--
14370	Beverages, tea, instant, lemon, sweetened, powder	--	0.00	--
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	--	0.00	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	--	0.00	--
14376	Beverages, tea, instant, lemon, diet	--	0.00	--
14381	Beverages, tea, herb, other than chamomile, brewed	--	0.00	--
14384	Beverages, water, bottled, PERRIER	--	0.00	--
14385	Beverages, water, bottled, POLAND SPRING	--	0.00	--
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	--	0.00	--
14400	Beverages, carbonated, cola, fast-food cola	--	0.00	--
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	--	0.00	--
14407	Beverages, orange-flavor drink, breakfast type, powder	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	--	0.00	--
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	--	0.00	--
14411	Beverages, water, tap, drinking	--	0.00	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	--	0.00	--
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	--	0.00	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	--	0.00	--
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	--	0.00	--
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	--	0.00	--
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	--	0.00	--
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	--	0.00	--
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	--	0.00	--
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	--	0.00	--
14429	Beverages, water, tap, municipal	--	0.00	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	--	0.00	--
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	--	0.00	--
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	--	0.00	--
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	--	0.00	--
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	--	0.00	--
14531	Alcoholic beverage, whiskey sour	--	0.00	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	--	0.00	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	--	0.00	--
14536	Alcoholic beverage, wine, dessert, dry	--	0.00	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	--	0.00	--
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	--	0.00	--
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	--	0.00	--
14542	Lemonade, frozen concentrate, pink	--	0.00	--
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	--	0.00	--
14545	Beverages, tea, herb, brewed, chamomile	--	0.00	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	--	0.00	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	--	0.00	--
14552	Carbonated beverage, chocolate-flavored soda	--	0.00	--
14553	Beverages, Wine, non-alcoholic	--	0.00	--
14555	Water, bottled, generic	--	0.00	--
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	--	0.00	--
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	--	0.00	--
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	--	0.00	--
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	--	0.00	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	--	0.00	--
14625	Beverages, Energy drink, AMP	--	0.00	--
14626	Beverages, Energy drink, FULL THROTTLE	--	0.00	--
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	--	0.00	--
14628	Beverages, Energy drink, AMP, sugar free	--	0.00	--
14629	Beverages, Energy drink, ROCKSTAR	--	0.00	--
14630	Beverages, Energy drink, ROCKSTAR, sugar free	--	0.00	--
14632	Beverages, Meal supplement drink, canned, peanut flavor	--	0.00	0.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	--	0.00	--
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	--	0.00	--
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	--	0.00	--
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	--	0.00	--
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	--	0.00	--
14639	Beverages, rice milk, unsweetened	--	0.00	--
14640	Beverages, Energy drink, VAULT, citrus flavor	--	0.00	--
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	--	0.00	--
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	--	0.00	--
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	--	0.00	--
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	--	0.00	--
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	--	0.00	--
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	--	0.00	--
14649	Beverages, tea, hibiscus, brewed	--	0.00	--
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	--	0.00	--
14654	Beverages, nutritional shake mix, high protein, powder	--	0.00	--
15045	Fish, lingcod, raw	--	0.00	--
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.00	0.03	0.01
16006	Beans, baked, canned, plain or vegetarian	--	0.00	0.05
16008	Beans, baked, canned, with franks	--	0.00	--
16010	Beans, baked, canned, with pork and sweet sauce	--	0.00	0.18
16011	Beans, baked, canned, with pork and tomato sauce	--	0.00	0.04
16014	Beans, black, mature seeds, raw	--	0.00	--
16015	Beans, black, mature seeds, cooked, boiled, without salt	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
16016	Beans, black turtle, mature seeds, raw	--	0.00	--
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	--	0.00	--
16018	Beans, black turtle, mature seeds, canned	--	0.00	--
16024	Beans, great northern, mature seeds, raw	--	0.00	--
16026	Beans, great northern, mature seeds, canned	--	0.00	--
16027	Beans, kidney, all types, mature seeds, raw	--	0.00	--
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	--	0.00	--
16029	Beans, kidney, all types, mature seeds, canned	--	0.00	0.08
16032	Beans, kidney, red, mature seeds, raw	--	0.00	--
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	--	0.00	--
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	--	0.00	0.04
16037	Beans, navy, mature seeds, raw	--	0.00	0.54
16038	Beans, navy, mature seeds, cooked, boiled, without salt	--	0.00	0.18
16039	Beans, navy, mature seeds, canned	--	0.00	--
16040	Beans, pink, mature seeds, raw	--	0.00	--
16041	Beans, pink, mature seeds, cooked, boiled, without salt	--	0.00	--
16042	Beans, pinto, mature seeds, raw	--	0.00	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	--	0.00	--
16044	Beans, pinto, mature seeds, canned, solids and liquids	--	0.00	--
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	--	0.00	--
16049	Beans, white, mature seeds, raw	--	0.00	--
16050	Beans, white, mature seeds, cooked, boiled, without salt	--	0.00	--
16052	Broadbeans (fava beans), mature seeds, raw	--	0.00	--
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	--	0.00	--
16055	Carob flour	--	0.00	--
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	--	0.00	--
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	--	0.00	--
16059	Chili with beans, canned	--	0.00	--
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	--	0.00	--
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	--	0.00	--
16069	Lentils, raw	--	0.00	--
16070	Lentils, mature seeds, cooked, boiled, without salt	--	0.00	--
16071	Lima beans, large, mature seeds, raw	--	0.00	--
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	--	0.00	--
16074	Lima beans, thin seeded (baby), mature seeds, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
16080	Mung beans, mature seeds, raw	--	0.00	--
16081	Mung beans, mature seeds, cooked, boiled, without salt	--	0.00	--
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	--	0.00	--
16084	Mungo beans, mature seeds, cooked, boiled, without salt	--	0.00	--
16085	Peas, green, split, mature seeds, raw	--	0.00	--
16086	Peas, split, mature seeds, cooked, boiled, without salt	--	0.00	--
16087	Peanuts, all types, raw	--	0.00	--
16088	Peanuts, all types, cooked, boiled, with salt	--	0.00	--
16089	Peanuts, all types, oil-roasted, with salt	--	0.00	--
16090	Peanuts, all types, dry-roasted, with salt	--	0.00	0.02
16091	Peanuts, spanish, raw	--	0.00	--
16095	Peanuts, virginia, raw	--	0.00	--
16097	Peanut butter, chunk style, with salt	--	0.00	--
16098	Peanut butter, smooth style, with salt	--	0.00	0.03
16099	Peanut flour, defatted	--	0.00	--
16103	Refried beans, canned, traditional style (includes USDA commodity)	--	0.00	0.17
16104	Bacon, meatless	--	0.00	--
16107	Sausage, meatless	--	0.00	--
16109	Soybeans, mature cooked, boiled, without salt	--	0.00	--
16110	Soybeans, mature seeds, roasted, salted	--	0.00	--
16112	Miso	--	0.00	--
16113	Natto	--	0.00	--
16115	Soy flour, full-fat, raw	--	0.00	--
16116	Soy flour, full-fat, roasted	--	0.00	--
16117	Soy flour, defatted	--	0.00	--
16118	Soy flour, low-fat	--	0.00	--
16120	Soymilk, original and vanilla, unfortified	--	0.00	--
16122	Soy protein isolate	--	0.00	--
16123	Soy sauce made from soy and wheat (shoyu)	--	0.00	--
16124	Soy sauce made from soy (tamari)	--	0.00	--
16125	Soy sauce made from hydrolyzed vegetable protein	--	0.00	--
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	--	0.00	--
16129	Tofu, fried	--	0.00	--
16137	Hummus, home prepared	--	0.00	--
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
16145	Beans, kidney, red, mature seeds, canned, drained solids	--	0.00	--
16146	Beans, pinto, canned, drained solids	--	0.00	--
16147	Veggie burgers or soyburgers, unprepared	--	0.00	0.08
16149	Peanut spread, reduced sugar	--	0.00	--
16150	Peanut butter, smooth, reduced fat	--	0.00	--
16155	Peanut butter, smooth, vitamin and mineral fortified	--	0.00	--
16156	Peanut butter, chunky, vitamin and mineral fortified	--	0.00	--
16157	Chickpea flour (besan)	--	0.00	--
16159	Tofu, extra firm, prepared with nigari	--	0.00	--
16166	Soymilk, chocolate, unfortified	--	0.00	--
16168	Soymilk, chocolate, with added calcium, vitamins A and D	--	0.00	--
16171	Refried beans, canned, vegetarian	--	0.00	0.18
16172	Refried beans, canned, fat-free	--	0.00	0.15
16173	Frijoles rojos volteados (Refried beans, red, canned)	--	0.00	0.43
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	--	0.00	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	--	0.00	--
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	--	0.00	--
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	--	0.00	--
16315	Beans, black, mature seeds, cooked, boiled, with salt	--	0.00	--
16316	Beans, black, mature seeds, canned, low sodium	--	0.00	--
16326	Beans, great northern, mature seeds, canned, low sodium	--	0.00	--
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	--	0.00	--
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	--	0.00	--
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	--	0.00	0.04
16338	Beans, navy, mature seeds, cooked, boiled, with salt	--	0.00	0.21
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	--	0.00	--
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	--	0.00	--
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	--	0.00	--
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	--	0.00	--
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	--	0.00	--
16389	Peanuts, all types, oil-roasted, without salt	--	0.00	--
16390	Peanuts, all types, dry-roasted, without salt	--	0.00	0.02
16397	Peanut butter, chunk style, without salt	--	0.00	--
16398	Peanut butter, smooth style, without salt	--	0.00	0.03
16399	Peanut butter with omega-3, creamy	--	0.00	2.93

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
16403	Refried beans, canned, traditional, reduced sodium	--	0.00	0.17
16410	Soybeans, mature seeds, roasted, no salt added	--	0.00	--
16422	Soy protein isolate, potassium type	--	0.00	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	--	0.00	--
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	--	0.00	--
16427	Tofu, raw, regular, prepared with calcium sulfate	--	0.00	--
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	--	0.00	--
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	--	0.00	--
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	--	0.00	--
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	--	0.00	--
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	0.00	--
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	0.00	--
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	0.00	--
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	--	0.00	--
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	--	0.00	--
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	--	0.00	--
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	--	0.00	--
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	--	0.00	--
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	--	0.00	--
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	--	0.00	--
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	--	0.00	--
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	--	0.00	--
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	--	0.00	--
17094	Veal, leg (top round), separable lean and fat, raw	--	0.00	--
17095	Veal, leg (top round), separable lean and fat, cooked, braised	--	0.00	--
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	--	0.00	--
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	--	0.00	--
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	--	0.00	--
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	--	0.00	--
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
17105	Veal, loin, separable lean and fat, cooked, braised	--	0.00	--
17106	Veal, loin, separable lean and fat, cooked, roasted	--	0.00	--
17108	Veal, loin, separable lean only, cooked, braised	--	0.00	--
17109	Veal, loin, separable lean only, cooked, roasted	--	0.00	--
17110	Veal, rib, separable lean and fat, raw	--	0.00	--
17111	Veal, rib, separable lean and fat, cooked, braised	--	0.00	--
17114	Veal, rib, separable lean only, cooked, braised	--	0.00	--
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	--	0.00	--
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	--	0.00	--
17122	Veal, shoulder, arm, separable lean and fat, raw	--	0.00	--
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	--	0.00	--
17132	Veal, shoulder, blade, separable lean only, cooked, braised	--	0.00	--
17134	Veal, sirloin, separable lean and fat, raw	--	0.00	--
17136	Veal, sirloin, separable lean and fat, cooked, roasted	--	0.00	--
17143	Veal, ground, cooked, broiled	--	0.00	--
17147	Game meat, bear, cooked, simmered	0.00	0.04	--
17148	Bison, ground, grass-fed, cooked	--	0.00	--
17149	Bison, ground, grass-fed, raw	--	0.00	--
17151	Game meat, beaver, cooked, roasted	--	0.00	--
17157	Game meat, bison, separable lean only, cooked, roasted	--	0.00	--
17159	Game meat, boar, wild, cooked, roasted	--	0.00	--
17163	Game meat, caribou, cooked, roasted	0.00	0.06	--
17164	Game meat, deer, raw	--	0.00	--
17169	Game meat, goat, cooked, roasted	--	0.00	--
17173	Game meat, moose, cooked, roasted	--	0.00	--
17176	Game meat, opossum, cooked, roasted	--	0.00	--
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	--	0.00	--
17181	Game meat, rabbit, wild, cooked, stewed	--	0.00	--
17185	Lamb, variety meats and by-products, brain, raw	0.00	0.49	--
17186	Lamb, variety meats and by-products, brain, cooked, braised	0.00	0.59	--
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	0.00	1.28	--
17200	Lamb, variety meats and by-products, liver, cooked, braised	--	0.00	--
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	--	0.00	--
17202	Veal, variety meats and by-products, liver, raw	--	0.00	0.03
17203	Veal, variety meats and by-products, liver, cooked, braised	--	0.00	0.03

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	--	0.00	0.04
17218	Veal, variety meats and by-products, thymus, raw	--	0.00	--
17219	Veal, variety meats and by-products, thymus, cooked, braised	--	0.00	--
17220	Lamb, variety meats and by-products, tongue, raw	--	0.00	--
17221	Lamb, variety meats and by-products, tongue, cooked, braised	--	0.00	--
17224	Lamb, ground, raw	--	0.00	--
17225	Lamb, ground, cooked, broiled	--	0.00	--
17330	Game meat , bison, ground, raw	--	0.00	--
17331	Game meat, bison, ground, cooked, pan-broiled	--	0.00	--
17343	Game meat, deer, ground, raw	--	0.00	--
17344	Game meat, deer, ground, cooked, pan-broiled	--	0.00	--
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	--	0.00	--
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	--	0.00	--
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	--	0.00	--
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	--	0.00	--
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0.00	0.46	--
17358	Lamb, New Zealand, imported, brains, raw	0.00	0.36	--
17424	Veal, ground, cooked, pan-fried	--	0.00	--
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	--	0.00	--
17427	Veal, loin, chop, separable lean only, cooked, grilled	--	0.00	--
17428	Veal, shank, separable lean only, raw	--	0.00	--
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	--	0.00	--
17435	Veal, shank, separable lean and fat, raw	--	0.00	--
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	--	0.00	--
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	--	0.00	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	--	0.00	0.02
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	--	0.00	0.06
18003	Bagels, egg	0.00	0.00	--
18005	Bagels, cinnamon-raisin	--	0.00	--
18006	Bagels, cinnamon-raisin, toasted	--	0.00	--
18007	Bagels, oat bran	--	0.00	--
18009	Biscuits, plain or buttermilk, frozen, baked	--	0.00	--
18010	Biscuits, plain or buttermilk, dry mix	--	0.00	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	--	0.00	--
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	--	0.00	0.04
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	--	0.00	0.26
18016	Biscuits, plain or buttermilk, prepared from recipe	--	0.00	--
18017	Biscuits, mixed grain, refrigerated dough	--	0.00	--
18019	Bread, banana, prepared from recipe, made with margarine	0.00	0.00	--
18021	Bread, boston brown, canned	--	0.00	--
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	--	0.00	--
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.00	0.01	0.08
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0.00	0.00	--
18025	Bread, cracked-wheat	--	0.00	--
18028	Bread, egg, toasted	0.00	0.00	--
18029	Bread, french or vienna (includes sourdough)	--	0.00	0.06
18030	Bread, french or vienna, toasted (includes sourdough)	--	0.00	0.05
18032	Bread, irish soda, prepared from recipe	0.00	0.00	--
18033	Bread, italian	--	0.00	--
18036	Bread, multi-grain, toasted (includes whole-grain)	--	0.00	--
18037	Bread, oat bran	--	0.00	--
18038	Bread, oat bran, toasted	--	0.00	--
18039	Bread, oatmeal	--	0.00	--
18040	Bread, oatmeal, toasted	--	0.00	--
18041	Bread, pita, white, enriched	--	0.00	--
18042	Bread, pita, whole-wheat	--	0.00	--
18043	Bread, protein (includes gluten)	--	0.00	--
18044	Bread, pumpernickel	--	0.00	--
18045	Bread, pumpernickel, toasted	--	0.00	--
18047	Bread, raisin, enriched	--	0.00	--
18048	Bread, raisin, enriched, toasted	--	0.00	--
18049	Bread, reduced-calorie, oat bran	--	0.00	--
18050	Bread, reduced-calorie, oat bran, toasted	--	0.00	--
18053	Bread, reduced-calorie, rye	--	0.00	--
18057	Bread, reduced-calorie, white	--	0.00	--
18059	Bread, rice bran	--	0.00	--
18060	Bread, rye	--	0.00	--
18061	Bread, rye, toasted	--	0.00	--
18065	Bread, wheat, toasted	--	0.00	0.16

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18066	Bread, wheat bran	--	0.00	--
18070	Bread, white, commercially prepared, toasted	--	0.00	--
18071	Bread, white, prepared from recipe, made with nonfat dry milk	--	0.00	--
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	--	0.00	--
18075	Bread, whole-wheat, commercially prepared	--	0.00	0.14
18076	Bread, whole-wheat, commercially prepared, toasted	--	0.00	--
18077	Bread, whole-wheat, prepared from recipe	--	0.00	--
18078	Bread, whole-wheat, prepared from recipe, toasted	--	0.00	--
18079	Bread crumbs, dry, grated, plain	--	0.00	--
18080	Bread sticks, plain	--	0.00	--
18081	Bread stuffing, bread, dry mix	--	0.00	--
18082	Bread stuffing, bread, dry mix, prepared	--	0.00	--
18085	Bread stuffing, cornbread, dry mix, prepared	--	0.00	--
18087	Cake, angelfood, dry mix	--	0.00	--
18088	Cake, angelfood, dry mix, prepared	--	0.00	--
18090	Cake, boston cream pie, commercially prepared	0.00	0.00	--
18095	Cake, cherry fudge with chocolate frosting	0.00	0.00	--
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	--	0.00	0.45
18097	Cake, pudding-type, chocolate, dry mix	--	0.00	--
18101	Cake, chocolate, prepared from recipe without frosting	0.00	0.00	--
18102	Cake, white, prepared from recipe with coconut frosting	--	0.00	--
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0.00	0.00	--
18106	Coffeecake, fruit	0.00	0.00	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	--	0.00	--
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.00	0.00	--
18110	Cake, fruitcake, commercially prepared	0.00	0.00	--
18112	Cake, pudding-type, german chocolate, dry mix	--	0.00	--
18114	Cake, gingerbread, dry mix	--	0.00	--
18116	Cake, gingerbread, prepared from recipe	0.00	0.00	--
18117	Cake, pudding-type, marble, dry mix	--	0.00	--
18119	Cake, pineapple upside-down, prepared from recipe	0.00	0.00	--
18126	Cake, shortcake, biscuit-type, prepared from recipe	--	0.00	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	--	0.00	0.17
18128	Cake, snack cakes, creme-filled, sponge	--	0.00	--
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18135	Cake, pudding-type, white, enriched, dry mix	--	0.00	--
18139	Cake, white, prepared from recipe without frosting	--	0.00	--
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	--	0.00	0.47
18142	Cake, pudding-type, yellow, dry mix	--	0.00	--
18144	Cake, yellow, enriched, dry mix	--	0.00	--
18146	Cake, yellow, prepared from recipe without frosting	0.00	0.00	--
18147	Cheesecake commercially prepared	0.00	0.00	--
18148	Cheesecake prepared from mix, no-bake type	--	0.00	--
18151	Cookies, brownies, commercially prepared	0.00	0.00	--
18152	Cookies, brownies, dry mix, regular	0.00	--	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	--	0.00	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	--	0.00	0.84
18160	Cookies, chocolate chip, commercially prepared, soft-type	--	0.00	0.05
18161	Cookies, chocolate chip, dry mix	0.00	--	--
18164	Cookies, chocolate chip, refrigerated dough, baked	0.00	0.00	--
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0.00	0.00	--
18166	Cookies, chocolate sandwich, with creme filling, regular	--	0.00	0.28
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	--	0.00	--
18168	Cookies, chocolate sandwich, with extra creme filling	--	0.00	0.05
18170	Cookies, fig bars	--	0.00	--
18171	Cookies, fortune	0.00	0.00	--
18172	Cookies, gingersnaps	--	0.00	--
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	--	0.00	0.60
18174	Cookies, graham crackers, chocolate-coated	--	0.00	--
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	--	0.00	--
18177	Cookies, molasses	--	0.00	--
18178	Cookies, oatmeal, commercially prepared, regular	--	0.00	--
18179	Cookies, oatmeal, commercially prepared, soft-type	--	0.00	--
18180	Cookies, oatmeal, dry mix	--	0.00	--
18183	Cookies, oatmeal, refrigerated dough, baked	0.00	0.00	--
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.00	0.00	--
18187	Cookies, peanut butter, refrigerated dough	0.00	0.00	--
18189	Cookies, peanut butter, prepared from recipe	0.00	0.00	--
18190	Cookies, peanut butter sandwich, regular	--	0.00	--
18193	Cookies, shortbread, commercially prepared, pecan	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18196	Cookies, brownies, dry mix, sugar free	--	0.00	--
18198	Cookies, chocolate chip, commercially prepared, special dietary	--	0.00	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	--	0.00	--
18200	Cookies, oatmeal, commercially prepared, special dietary	--	0.00	--
18201	Cookies, peanut butter sandwich, special dietary	--	0.00	--
18202	Cookies, sugar wafer, with creme filling, sugar free	--	0.00	--
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.00	0.00	0.27
18205	Cookies, sugar, refrigerated dough	0.00	0.00	--
18206	Cookies, sugar, refrigerated dough, baked	0.00	0.00	--
18208	Cookies, sugar, prepared from recipe, made with margarine	0.00	0.00	--
18209	Cookies, sugar wafers with creme filling, regular	--	0.00	0.09
18210	Cookies, vanilla sandwich with creme filling	--	0.00	--
18211	Puff pastry, frozen, ready-to-bake, baked	--	0.00	--
18215	Crackers, cheese, sandwich-type with peanut butter filling	--	0.00	--
18216	Crackers, crispbread, rye	--	0.00	--
18217	Crackers, matzo, plain	--	0.00	--
18219	Crackers, matzo, whole-wheat	--	0.00	--
18220	Crackers, melba toast, plain	--	0.00	--
18221	Crackers, melba toast, rye (includes pumpernickel)	--	0.00	--
18225	Crackers, rye, sandwich-type with cheese filling	--	0.00	--
18226	Crackers, rye, wafers, plain	--	0.00	--
18227	Crackers, rye, wafers, seasoned	--	0.00	--
18228	Crackers, saltines (includes oyster, soda, soup)	--	0.00	0.54
18229	Crackers, standard snack-type, regular	--	0.00	1.48
18230	Crackers, standard snack-type, sandwich, with cheese filling	--	0.00	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	--	0.00	--
18233	Crackers, wheat, sandwich, with cheese filling	--	0.00	--
18234	Crackers, wheat, sandwich, with peanut butter filling	--	0.00	--
18235	Crackers, whole-wheat	--	0.00	0.83
18236	Cracker meal	--	0.00	--
18242	Croutons, plain	--	0.00	--
18243	Croutons, seasoned	--	0.00	--
18245	Danish pastry, cheese	0.00	0.00	--
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0.00	0.00	--
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.00	0.00	0.24

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	--	0.00	0.17
18253	Doughnuts, french crullers, glazed	0.00	0.00	--
18254	Doughnuts, yeast-leavened, with creme filling	0.00	0.00	--
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.00	0.01	0.20
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	--	0.00	0.05
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	--	0.00	0.09
18260	English muffins, mixed-grain (includes granola)	--	0.00	--
18261	English muffins, mixed-grain, toasted (includes granola)	--	0.00	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	--	0.00	0.03
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	--	0.00	0.05
18264	English muffins, wheat	--	0.00	--
18265	English muffins, wheat, toasted	--	0.00	--
18266	English muffins, whole-wheat	--	0.00	--
18267	English muffins, whole-wheat, toasted	--	0.00	--
18270	Hush puppies, prepared from recipe	0.00	0.00	--
18271	Ice cream cones, cake or wafer-type	--	0.00	--
18272	Ice cream cones, sugar, rolled-type	--	0.00	--
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0.00	0.00	--
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.00	0.01	1.02
18277	Muffins, blueberry, toaster-type	0.00	0.00	--
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0.00	0.00	--
18279	Muffins, corn, commercially prepared	0.00	0.00	--
18281	Muffins, corn, toaster-type	0.00	0.00	--
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0.00	0.00	--
18283	Muffins, oat bran	--	0.00	--
18284	Muffins, wheat bran, dry mix	0.00	--	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	--	0.00	0.18
18290	Pancakes, plain, dry mix, complete, prepared	0.00	0.00	--
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	--	0.00	--
18293	Pancakes, plain, prepared from recipe	0.00	0.00	--
18294	Pancakes, blueberry, prepared from recipe	0.00	0.00	--
18295	Pancakes, buckwheat, dry mix, incomplete	--	0.00	--
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	0.00	0.00	--
18301	Pie, apple, commercially prepared, enriched flour	--	0.00	--
18302	Pie, apple, prepared from recipe	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18303	Pie, banana cream, prepared from mix, no-bake type	--	0.00	--
18304	Pie, banana cream, prepared from recipe	0.00	0.00	--
18305	Pie, blueberry, commercially prepared	--	0.00	--
18306	Pie, blueberry, prepared from recipe	--	0.00	--
18308	Pie, cherry, commercially prepared	--	0.00	--
18309	Pie, cherry, prepared from recipe	--	0.00	--
18312	Pie, chocolate mousse, prepared from mix, no-bake type	--	0.00	--
18313	Pie, coconut creme, commercially prepared	--	0.00	--
18314	Pie, coconut cream, prepared from mix, no-bake type	--	0.00	--
18316	Pie, coconut custard, commercially prepared	--	0.00	--
18319	Pie, fried pies, fruit	--	0.00	--
18321	Pie, lemon meringue, prepared from recipe	0.00	0.00	--
18322	Pie, mince, prepared from recipe	--	0.00	--
18323	Pie, peach	--	0.00	--
18324	Pie, pecan, commercially prepared	--	0.00	--
18326	Pie, pumpkin, commercially prepared	--	0.00	--
18327	Pie, pumpkin, prepared from recipe	0.00	0.00	--
18328	Pie, vanilla cream, prepared from recipe	0.00	0.00	--
18332	Pie crust, standard-type, dry mix	--	0.00	--
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	--	0.00	0.12
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	--	0.00	0.14
18336	Pie crust, standard-type, prepared from recipe, baked	--	0.00	--
18337	Puff pastry, frozen, ready-to-bake	--	0.00	--
18338	Phyllo dough	--	0.00	--
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.00	0.00	0.22
18345	Rolls, dinner, oat bran	--	0.00	--
18346	Rolls, dinner, rye	--	0.00	--
18347	Rolls, dinner, wheat	--	0.00	--
18348	Rolls, dinner, whole-wheat	--	0.00	--
18349	Rolls, french	--	0.00	--
18350	Rolls, hamburger or hotdog, plain	--	0.00	0.18
18351	Rolls, hamburger or hotdog, mixed-grain	--	0.00	--
18352	Rolls, hamburger or hotdog, reduced-calorie	--	0.00	--
18353	Rolls, hard (includes kaiser)	--	0.00	--
18354	Strudel, apple	0.00	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0.00	0.00	--
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	--	0.00	--
18360	Taco shells, baked	--	0.00	0.27
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	--	0.00	0.31
18363	Tortillas, ready-to-bake or -fry, corn	--	0.00	--
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	--	0.00	0.21
18368	Wonton wrappers (includes egg roll wrappers)	0.00	0.00	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	--	0.00	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	--	0.00	--
18371	Leavening agents, baking powder, low-sodium	--	0.00	--
18372	Leavening agents, baking soda	--	0.00	--
18373	Leavening agents, cream of tartar	--	0.00	--
18374	Leavening agents, yeast, baker's, compressed	--	0.00	--
18375	Leavening agents, yeast, baker's, active dry	--	0.00	--
18376	Bread crumbs, dry, grated, seasoned	--	0.00	--
18377	Cookies, oatmeal, prepared from recipe, without raisins	0.00	0.00	--
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0.00	0.00	--
18383	Bread, protein, (includes gluten), toasted	--	0.00	--
18384	Bread, rice bran, toasted	--	0.00	--
18385	Bread, wheat germ, toasted	--	0.00	--
18386	Muffins, blueberry, toaster-type, toasted	0.00	0.00	--
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0.00	0.00	--
18390	Pancakes, buttermilk, prepared from recipe	0.00	0.00	--
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0.00	0.00	--
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	--	0.00	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	--	0.00	--
18402	Pie crust, standard-type, prepared from recipe, unbaked	--	0.00	--
18416	Bread, white, commercially prepared, low sodium, no salt	--	0.00	--
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.00	0.00	--
18424	Crackers, melba toast, plain, without salt	--	0.00	--
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	--	0.00	0.42
18427	Crackers, standard snack-type, regular, low salt	--	0.00	--
18428	Crackers, wheat, low salt	--	0.00	--
18429	Crackers, whole-wheat, low salt	--	0.00	--
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.00	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
18433	Danish pastry, lemon, unenriched	0.00	0.00	--
18434	Crackers, cheese, low sodium	--	0.00	--
18435	Danish pastry, raspberry, unenriched	0.00	0.00	--
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	--	0.00	--
18451	Cake, pound, commercially prepared, fat-free	--	0.00	--
18453	Cake, yellow, light, dry mix	--	0.00	--
18457	Crackers, saltines, fat-free, low-sodium	--	0.00	--
18459	Breakfast tart, low fat	--	0.00	--
18621	NABISCO, NABISCO RITZ Crackers	--	0.00	1.19
18927	Crackers, cheese, sandwich-type with cheese filling	--	0.00	--
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	--	0.00	0.36
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	--	0.00	0.07
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	--	0.00	--
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	--	0.00	--
18944	Pie, Dutch Apple, Commercially Prepared	--	0.00	--
18949	Crackers, whole-wheat, reduced fat	--	0.00	0.39
18951	Waffles, chocolate chip, frozen, ready-to-heat	0.00	0.00	--
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.00	0.01	0.49
18955	Bread, pan dulce, sweet yeast bread	--	0.00	0.07
18959	Pastry, Pastelitos de Guava (guava pastries)	0.00	0.00	0.16
18961	Crackers, cream, GAMESA SABROSAS	--	0.00	0.04
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	--	0.00	0.02
18965	Crackers, cheese, reduced fat	--	0.00	--
18966	Crackers, saltines, whole wheat (includes multi-grain)	--	0.00	--
18968	Bagels, wheat	--	0.00	--
18969	Cream puff, eclair, custard or cream filled, iced	0.00	0.01	--
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	--	0.00	--
18971	Bread, potato	--	0.00	--
18972	Bread, cheese	--	0.00	--
18973	Focaccia, Italian flatbread, plain	--	0.00	--
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	--	0.00	--
19002	Snacks, beef jerky, chopped and formed	--	0.00	--
19007	Snacks, corn-based, extruded, onion-flavor	--	0.00	--
19009	Snacks, KRAFT, CORNNUTS, plain	--	0.00	--
19013	Snacks, fruit leather, pieces	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19014	Snacks, fruit leather, rolls	--	0.00	--
19015	Snacks, granola bars, hard, plain	--	0.00	--
19018	Fruit syrup	--	0.00	--
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	--	0.00	--
19030	Syrup, fruit flavored	--	0.00	--
19031	Snacks, oriental mix, rice-based	--	0.00	--
19034	Snacks, popcorn, air-popped	--	0.00	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	--	0.00	--
19036	Snacks, popcorn, cakes	--	0.00	--
19038	Snacks, popcorn, caramel-coated, with peanuts	--	0.00	--
19039	Snacks, popcorn, caramel-coated, without peanuts	--	0.00	--
19040	Snacks, popcorn, cheese-flavor	--	0.00	--
19041	Snacks, pork skins, plain	--	0.00	--
19042	Snacks, potato chips, barbecue-flavor	--	0.00	0.28
19047	Snacks, pretzels, hard, plain, salted	--	0.00	0.06
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	--	0.00	--
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	--	0.00	--
19051	Snacks, rice cracker brown rice, plain	--	0.00	--
19056	Snacks, tortilla chips, plain, white corn, salted	--	0.00	0.23
19057	Snacks, tortilla chips, nacho cheese	--	0.00	0.26
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	--	0.00	0.02
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	--	0.00	--
19069	Candies, NESTLE, BUTTERFINGER Bar	--	0.00	--
19070	Candies, butterscotch	--	0.00	--
19071	Candies, carob, unsweetened	--	0.00	--
19074	Candies, caramels	--	0.00	--
19076	Candies, caramels, chocolate-flavor roll	--	0.00	0.02
19078	Baking chocolate, unsweetened, squares	--	0.00	0.12
19079	Candies, confectioner's coating, yogurt	--	0.00	--
19080	Candies, semisweet chocolate	--	0.00	--
19081	Candies, sweet chocolate	--	0.00	--
19083	Candies, sweet chocolate coated fondant	--	0.00	--
19085	Candies, confectioner's coating, butterscotch	--	0.00	--
19086	Candies, confectioner's coating, peanut butter	--	0.00	--
19087	Candies, white chocolate	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19088	Ice creams, vanilla, light	--	0.00	--
19090	Ice creams, french vanilla, soft-serve	--	0.00	--
19096	Ice creams, vanilla, light, soft-serve	--	0.00	--
19097	Sherbet, orange	--	0.00	--
19098	Candies, 5TH AVENUE Candy Bar	--	0.00	--
19099	Candies, fondant, prepared-from-recipe	--	0.00	--
19100	Candies, fudge, chocolate, prepared-from-recipe	--	0.00	--
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	--	0.00	--
19102	Candies, fudge, peanut butter, prepared-from-recipe	--	0.00	--
19103	Candies, fudge, vanilla, prepared-from-recipe	--	0.00	--
19104	Candies, fudge, vanilla with nuts	--	0.00	--
19106	Candies, gumdrops, starch jelly pieces	--	0.00	--
19107	Candies, hard	--	0.00	--
19108	Candies, jellybeans	--	0.00	--
19109	Candies, KIT KAT Wafer Bar	--	0.00	0.08
19111	Candies, NESTLE, BABY RUTH Bar	--	0.00	--
19113	Syrups, table blends, pancake, with butter	--	0.00	--
19114	Ice creams, chocolate, light	--	0.00	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	--	0.00	--
19116	Candies, marshmallows	--	0.00	--
19117	Candies, halavah, plain	--	0.00	--
19118	Candies, NESTLE, OH HENRY! Bar	--	0.00	--
19120	Candies, milk chocolate	--	0.00	0.12
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	--	0.00	--
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	--	0.00	--
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	--	0.00	--
19124	Baking chocolate, mexican, squares	--	0.00	--
19125	Chocolate-flavored hazelnut spread	--	0.00	--
19126	Candies, milk chocolate coated peanuts	--	0.00	--
19128	Syrups, table blends, pancake, reduced-calorie	--	0.00	--
19129	Syrups, table blends, pancake	--	0.00	--
19132	Candies, milk chocolate, with almonds	--	0.00	--
19134	Candies, milk chocolate, with rice cereal	--	0.00	--
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	--	0.00	--
19136	Candies, HERSHEY'S SKOR Toffee Bar	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19137	Toppings, strawberry	--	0.00	--
19138	Candies, truffles, prepared-from-recipe	--	0.00	0.06
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	--	0.00	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	--	0.00	--
19142	Candies, MOUNDS Candy Bar	--	0.00	--
19143	Candies, MR. GOODBAR Chocolate Bar	--	0.00	--
19144	Candies, NESTLE, 100 GRAND Bar	--	0.00	--
19147	Candies, peanut bar	--	0.00	--
19148	Candies, peanut brittle, prepared-from-recipe	--	0.00	--
19150	Candies, REESE'S Peanut Butter Cups	--	0.00	--
19151	Candies, REESE'S PIECES Candy	--	0.00	--
19152	Candies, ROLO Caramels in Milk Chocolate	--	0.00	--
19154	Candies, sesame crunch	--	0.00	--
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	--	0.00	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	--	0.00	--
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	--	0.00	--
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	--	0.00	--
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	--	0.00	--
19162	Candies, WHATCHAMACALLIT Candy Bar	--	0.00	--
19163	Chewing gum	--	0.00	--
19165	Cocoa, dry powder, unsweetened	--	0.00	--
19166	Cocoa, dry powder, unsweetened, processed with alkali	--	0.00	--
19169	Egg custards, dry mix	0.00	0.02	--
19170	Egg custards, dry mix, prepared with whole milk	0.00	0.00	--
19172	Gelatin desserts, dry mix	--	0.00	--
19173	Gelatin desserts, dry mix, prepared with water	--	0.00	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	--	0.00	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	--	0.00	--
19177	Gelatins, dry powder, unsweetened	--	0.00	--
19183	Puddings, chocolate, ready-to-eat	--	0.00	0.00
19184	Puddings, chocolate, dry mix, instant	--	0.00	--
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	--	0.00	--
19186	Desserts, apple crisp, prepared-from-recipe	--	0.00	--
19188	Puddings, chocolate, dry mix, regular	--	0.00	--
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	--	0.00	--
19193	Puddings, rice, ready-to-eat	--	0.00	0.01
19195	Puddings, rice, dry mix, prepared with whole milk	--	0.00	--
19199	Puddings, tapioca, dry mix, prepared with whole milk	--	0.00	--
19201	Puddings, vanilla, ready-to-eat	--	0.00	--
19202	Puddings, vanilla, dry mix, instant	--	0.00	--
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	--	0.00	--
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	--	0.00	--
19205	Egg custards, dry mix, prepared with 2% milk	0.00	0.00	--
19206	Puddings, vanilla, dry mix, regular	--	0.00	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	--	0.00	--
19208	Puddings, rice, dry mix, prepared with 2% milk	--	0.00	--
19209	Puddings, tapioca, dry mix, prepared with 2% milk	--	0.00	--
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	--	0.00	--
19216	Candies, praline, prepared-from-recipe	--	0.00	--
19218	Puddings, tapioca, ready-to-eat	--	0.00	--
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	--	0.00	--
19225	Desserts, rennin, tablets, unsweetened	--	0.00	--
19226	Frostings, chocolate, creamy, ready-to-eat	--	0.00	--
19227	Frostings, coconut-nut, ready-to-eat	--	0.00	--
19228	Frostings, cream cheese-flavor, ready-to-eat	--	0.00	--
19230	Frostings, vanilla, creamy, ready-to-eat	--	0.00	--
19233	Puddings, vanilla, ready-to-eat, fat free	--	0.00	--
19234	Puddings, tapioca, ready-to-eat, fat free	--	0.00	--
19235	Puddings, chocolate, ready-to-eat, fat free	--	0.00	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	--	0.00	--
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	--	0.00	--
19263	Frozen novelties, fruit and juice bars	--	0.00	--
19265	Ice creams, chocolate, light, no sugar added	--	0.00	--
19268	Candies, dark chocolate coated coffee beans	--	0.00	--
19270	Ice creams, chocolate	--	0.00	--
19274	Snacks, fruit leather, pieces, with vitamin C	--	0.00	--
19279	Candies, milk chocolate coated coffee beans	--	0.00	--
19280	Frozen novelties, ice type, lime	--	0.00	--
19281	Frozen novelties, ice type, italian, restaurant-prepared	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19283	Frozen novelties, ice type, pop	--	0.00	--
19293	Frozen yogurts, vanilla, soft-serve	--	0.00	--
19294	Fruit butters, apple	--	0.00	--
19296	Honey	--	0.00	--
19297	Jams and preserves	--	0.00	--
19300	Jellies	--	0.00	--
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	--	0.00	0.03
19303	Marmalade, orange	--	0.00	--
19304	Molasses	--	0.00	--
19310	Pectin, unsweetened, dry mix	--	0.00	--
19312	Pie fillings, apple, canned	--	0.00	--
19319	Puddings, banana, dry mix, instant, prepared with whole milk	--	0.00	--
19321	Puddings, banana, dry mix, regular, prepared with whole milk	--	0.00	--
19322	Puddings, coconut cream, dry mix, instant	--	0.00	--
19324	Puddings, coconut cream, dry mix, regular	--	0.00	--
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.00	0.00	--
19334	Sugars, brown	--	0.00	--
19335	Sugars, granulated	--	0.00	--
19336	Sugars, powdered	--	0.00	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	--	0.00	--
19340	Sugars, maple	--	0.00	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	--	0.00	--
19348	Syrups, chocolate, fudge-type	--	0.00	--
19349	Syrups, corn, dark	--	0.00	--
19350	Syrups, corn, light	--	0.00	--
19351	Syrups, corn, high-fructose	--	0.00	--
19353	Syrups, maple	--	0.00	--
19355	Syrups, sorghum	--	0.00	--
19360	Syrups, table blends, pancake, with 2% maple	--	0.00	--
19364	Toppings, butterscotch or caramel	--	0.00	--
19365	Toppings, marshmallow cream	--	0.00	--
19366	Toppings, pineapple	--	0.00	--
19367	Toppings, nuts in syrup	--	0.00	--
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	--	0.00	--
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	--	0.00	--
19375	Frostings, glaze, prepared-from-recipe	--	0.00	--
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	--	0.00	0.03
19382	Candies, taffy, prepared-from-recipe	--	0.00	0.01
19383	Candies, toffee, prepared-from-recipe	--	0.00	0.06
19384	Candies, divinity, prepared-from-recipe	--	0.00	--
19400	Snacks, banana chips	--	0.00	--
19404	Snacks, granola bars, soft, uncoated, chocolate chip	--	0.00	0.06
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	--	0.00	0.03
19415	Snacks, potato sticks	--	0.00	--
19418	Snacks, sesame sticks, wheat-based, salted	--	0.00	--
19419	Snacks, corn cakes	--	0.00	--
19422	Snacks, potato chips, reduced fat	--	0.00	--
19423	Snacks, potato chips, fat-free, made with olestra	--	0.00	--
19433	Tortilla chips, low fat, baked without fat	--	0.00	--
19434	Cheese puffs and twists, corn based, baked, low fat	--	0.00	--
19436	Popcorn, sugar syrup/caramel, fat-free	--	0.00	--
19437	Snacks, potato chips, fat free, salted	--	0.00	--
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	--	0.00	--
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	--	0.00	--
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	--	0.00	--
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	--	0.00	--
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	--	0.00	--
19524	Snacks, taro chips	--	0.00	--
19719	Jams and preserves, apricot	--	0.00	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	--	0.00	0.30
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	--	0.00	--
19811	Snacks, potato chips, plain, unsalted	--	0.00	--
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	--	0.00	--
19816	Snacks, rice cakes, brown rice, plain, unsalted	--	0.00	--
19823	Potato chips, without salt, reduced fat	--	0.00	--
19833	Snacks, tortilla chips, low fat, unsalted	--	0.00	--
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	--	0.00	--
19858	Candies, sugar-coated almonds	--	0.00	--
19859	Cocoa, dry powder, hi-fat or breakfast, plain	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	--	0.00	--
19866	Candies, soft fruit and nut squares	--	0.00	--
19867	Ice creams, vanilla, fat free	--	0.00	--
19868	Sweeteners, tabletop, sucralose, SLENDA packets	--	0.00	--
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	--	0.00	0.00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	--	0.00	--
19898	Ice creams, regular, low carbohydrate, vanilla	--	0.00	--
19899	Ice creams, regular, low carbohydrate, chocolate	--	0.00	--
19903	Chocolate, dark, 60-69% cacao solids	--	0.00	0.09
19904	Chocolate, dark, 70-85% cacao solids	--	0.00	0.03
19910	Candies, crispy bar with peanut butter filling	--	0.00	--
19912	Sweetener, syrup, agave	--	0.00	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	--	0.00	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	--	0.00	--
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	--	0.00	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	--	0.00	--
19918	Sweetener, herbal extract powder from Stevia leaf	--	0.00	--
19919	Candies, fruit snacks, with high vitamin C	--	0.00	--
19924	Syrup, NESTLE, chocolate	--	0.00	--
20004	Barley, hulled	--	0.00	--
20005	Barley, pearled, raw	--	0.00	--
20006	Barley, pearled, cooked	--	0.00	--
20008	Buckwheat	--	0.00	--
20009	Buckwheat groats, roasted, dry	--	0.00	--
20010	Buckwheat groats, roasted, cooked	--	0.00	--
20011	Buckwheat flour, whole-groat	--	0.00	--
20012	Bulgur, dry	--	0.00	--
20013	Bulgur, cooked	--	0.00	--
20015	Corn bran, crude	--	0.00	--
20016	Corn flour, whole-grain, yellow	--	0.00	--
20017	Corn flour, masa, enriched, white	--	0.00	--
20018	Corn flour, yellow, degermed, unenriched	--	0.00	--
20019	Corn flour, masa, unenriched, white	--	0.00	--
20020	Cornmeal, whole-grain, yellow	--	0.00	--
20022	Cornmeal, degermed, enriched, yellow	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
20027	Cornstarch	--	0.00	--
20029	Couscous, cooked	--	0.00	--
20030	Hominy, canned, white	--	0.00	--
20032	Millet, cooked	--	0.00	--
20033	Oat bran, raw	--	0.00	--
20035	Quinoa, uncooked	0.00	0.05	--
20036	Rice, brown, long-grain, raw	--	0.00	0.03
20037	Rice, brown, long-grain, cooked	--	0.00	0.01
20044	Rice, white, long-grain, regular, raw, enriched	--	0.00	--
20045	Rice, white, long-grain, regular, enriched, cooked	--	0.00	--
20046	Rice, white, long-grain, parboiled, enriched, dry	--	0.00	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	--	0.00	--
20048	Rice, white, long-grain, precooked or instant, enriched, dry	--	0.00	--
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	--	0.00	--
20055	Rice, white, glutinous, unenriched, cooked	--	0.00	--
20060	Rice bran, crude	--	0.00	--
20061	Rice flour, white, unenriched	--	0.00	--
20062	Rye grain	--	0.00	--
20063	Rye flour, dark	--	0.00	--
20064	Rye flour, medium	--	0.00	--
20065	Rye flour, light	--	0.00	--
20066	Semolina, enriched	--	0.00	--
20068	Tapioca, pearl, dry	--	0.00	--
20071	Wheat, hard red spring	--	0.00	--
20072	Wheat, hard red winter	--	0.00	--
20074	Wheat, hard white	--	0.00	--
20075	Wheat, soft white	--	0.00	--
20077	Wheat bran, crude	--	0.00	--
20080	Wheat flour, whole-grain	--	0.00	--
20081	Wheat flour, white, all-purpose, enriched, bleached	--	0.00	--
20082	Wheat flour, white, all-purpose, self-rising, enriched	--	0.00	--
20083	Wheat flour, white, bread, enriched	--	0.00	--
20084	Wheat flour, white, cake, enriched	--	0.00	--
20087	Wheat, sprouted	--	0.00	--
20088	Wild rice, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
20089	Wild rice, cooked	--	0.00	--
20091	Pasta, gluten-free, corn, dry	--	0.00	--
20092	Pasta, gluten-free, corn, cooked	--	0.00	--
20097	Pasta, homemade, made with egg, cooked	0.00	0.00	--
20106	Macaroni, vegetable, enriched, cooked	--	0.00	--
20109	Noodles, egg, dry, enriched	--	0.00	0.06
20110	Noodles, egg, enriched, cooked	--	0.00	--
20112	Noodles, egg, spinach, enriched, cooked	--	0.00	--
20113	Noodles, chinese, chow mein	--	0.00	--
20116	Noodles, japanese, somen, dry	--	0.00	--
20118	Noodles, flat, crunchy, Chinese restaurant	--	0.00	2.01
20120	Pasta, dry, enriched	--	0.00	0.02
20121	Pasta, cooked, enriched, without added salt	--	0.00	0.02
20124	Pasta, whole-wheat, dry	--	0.00	0.07
20125	Pasta, whole-wheat, cooked	--	0.00	0.04
20126	Spaghetti, spinach, dry	--	0.00	--
20129	Wheat flours, bread, unenriched	--	0.00	--
20130	Barley flour or meal	--	0.00	--
20131	Barley malt flour	--	0.00	--
20132	Oat flour, partially debranned	--	0.00	--
20133	Rice noodles, dry	--	0.00	--
20134	Rice noodles, cooked	--	0.00	--
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	--	0.00	0.06
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	--	0.00	0.04
20137	Quinoa, cooked	0.00	0.02	--
20316	Corn flour, whole-grain, white	--	0.00	--
20320	Cornmeal, whole-grain, white	--	0.00	--
20321	Pasta, cooked, enriched, with added salt	--	0.00	0.02
20322	Cornmeal, degermed, enriched, white	--	0.00	--
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	--	0.00	--
20409	Noodles, egg, dry, unenriched	--	0.00	0.06
20410	Noodles, egg, unenriched, cooked, without added salt	--	0.00	--
20420	Pasta, dry, unenriched	--	0.00	0.02
20421	Pasta, cooked, unenriched, without added salt	--	0.00	0.02
20422	Cornmeal, degermed, unenriched, yellow	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
20444	Rice, white, long-grain, regular, raw, unenriched	--	0.00	--
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	--	0.00	--
20446	Rice, white, long-grain, parboiled, unenriched, dry	--	0.00	--
20447	Rice, white, long-grain, parboiled, unenriched, cooked	--	0.00	--
20466	Semolina, unenriched	--	0.00	--
20481	Wheat flour, white, all-purpose, unenriched	--	0.00	--
20521	Pasta, cooked, unenriched, with added salt	--	0.00	0.03
20522	Cornmeal, degermed, unenriched, white	--	0.00	--
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	--	0.00	--
20581	Wheat flour, white, all-purpose, enriched, unbleached	--	0.00	--
20647	Millet flour	--	0.00	0.04
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	--	0.00	0.05
21005	Fast Foods, biscuit, with egg and sausage	0.00	0.04	--
21007	Fast foods, biscuit, with egg, cheese, and bacon	0.00	0.05	--
21008	Fast foods, biscuit, with ham	--	0.00	--
21009	Fast foods, biscuit, with sausage	--	0.00	--
21018	Fast foods, egg, scrambled	--	0.00	--
21020	Fast foods, english muffin, with cheese and sausage	--	0.00	--
21022	Fast foods, english muffin, with egg, cheese, and sausage	0.00	0.07	--
21024	Fast foods, french toast sticks	--	0.00	0.14
21026	Fast foods, potatoes, hash browns, round pieces or patty	--	0.00	0.44
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	--	0.00	--
21063	Fast foods, burrito, with beans and beef	--	0.00	--
21078	Fast foods, nachos, with cheese	--	0.00	0.62
21090	Fast foods, cheeseburger; single, regular patty, with condiments	--	0.00	0.12
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	--	0.00	0.12
21129	Fast foods, hush puppies	--	0.00	--
21138	Fast foods, potato, french fried in vegetable oil	--	0.00	0.41
21141	BURGER KING, Vanilla Shake	--	0.00	0.03
21142	Fast food, biscuit	--	0.00	0.20
21143	CHICK-FIL-A, Chick-n-Strips	0.00	0.00	0.03
21144	CHICK-FIL-A, hash browns	--	0.00	0.61
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	--	0.00	0.06
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.00	0.00	0.10
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.00	0.00	0.10

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
21202	Fast foods, hamburger, large, single patty, with condiments	--	0.00	--
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	--	0.00	0.06
21224	Pizza, cheese topping, regular crust, frozen, cooked	--	0.00	--
21225	Pizza, cheese topping, rising crust, frozen, cooked	--	0.00	--
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	--	0.00	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	--	0.00	--
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.00	0.00	0.50
21238	McDONALD'S, french fries	--	0.00	0.38
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	--	0.00	--
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	--	0.00	0.16
21241	WENDY'S, Jr. Hamburger, without cheese	--	0.00	0.10
21242	WENDY'S, Jr. Hamburger, with cheese	--	0.00	0.12
21243	WENDY'S, CLASSIC DOUBLE, with cheese	--	0.00	--
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	--	0.00	0.23
21245	WENDY'S, Ultimate Chicken Grill Sandwich	--	0.00	--
21248	WENDY'S, Frosty Dairy Dessert	--	0.00	--
21249	BURGER KING, french fries	--	0.00	0.27
21251	BURGER KING, Cheeseburger	--	0.00	0.12
21252	BURGER KING, WHOPPER, no cheese	--	0.00	0.28
21253	BURGER KING, WHOPPER, with cheese	--	0.00	0.47
21254	BURGER KING, DOUBLE WHOPPER, no cheese	--	0.00	0.32
21255	BURGER KING, DOUBLE WHOPPER, with cheese	--	0.00	0.39
21256	BURGER KING, Chicken Strips	0.00	0.00	0.30
21263	TACO BELL, Soft Taco with steak	--	0.00	--
21266	TACO BELL, BURRITO SUPREME with chicken	--	0.00	--
21267	TACO BELL, BURRITO SUPREME with steak	--	0.00	--
21268	TACO BELL, Nachos	--	0.00	0.62
21270	TACO BELL, Taco Salad	--	0.00	--
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	--	0.00	0.17
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	--	0.00	0.18
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	--	0.00	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	--	0.00	--
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	--	0.00	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	--	0.00	0.14
21306	Fast foods, griddle cake sandwich, sausage	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
21319	McDONALD'S, Hash Brown	--	0.00	0.41
21355	McDONALD'S, McCHICKEN Sandwich	0.00	0.00	0.43
21387	BURGER KING, Hash Brown Rounds	--	0.00	0.48
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	--	0.00	0.32
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	--	0.00	0.28
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	--	0.00	--
21398	Fast foods, cheeseburger; single, large patty; with condiments	--	0.00	--
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	--	0.00	0.39
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	--	0.00	--
21401	Fast foods, chicken tenders	0.00	0.00	0.21
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	0.00	--	--
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.00	--	--
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.00	0.02	--
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.00	0.02	--
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	--	0.00	--
21413	Light Ice Cream, soft serve, blended with cookie pieces	--	0.00	--
21415	POPEYES, biscuit	--	0.00	0.40
21419	KFC, biscuit	--	0.00	0.12
21420	KFC, Coleslaw	--	0.00	0.57
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.00	0.00	0.08
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.00	0.00	0.03
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	--	0.00	--
21463	Yogurt parfait, lowfat, with fruit and granola	--	0.00	--
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.00	0.00	0.06
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	--	0.00	--
21610	School Lunch, chicken patty, whole grain breaded	--	0.00	--
22247	Macaroni and Cheese, canned entree	--	0.00	--
22401	Spaghetti with meat sauce, frozen entree	--	0.00	--
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	--	0.00	--
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	--	0.00	--
22529	Beef Pot Pie, frozen entree, prepared	--	0.00	--
22899	Ravioli, cheese-filled, canned	--	0.00	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	0.00	0.00	--
22904	Chili con carne with beans, canned entree	--	0.00	0.12
22905	Beef stew, canned entree	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
22908	Beef, corned beef hash, with potato, canned	--	0.00	--
22910	Lasagna, cheese, frozen, prepared	--	0.00	--
22912	Spaghetti, with meatballs in tomato sauce, canned	--	0.00	0.02
22916	Lasagna with meat & sauce, frozen entree	--	0.00	0.02
22917	Burrito, beef and bean, frozen	--	0.00	--
22919	Macaroni and Cheese, canned, microwavable	--	0.00	--
22928	Burrito, beef and bean, microwaved	--	0.00	--
22955	Egg rolls, vegetable, frozen, prepared	--	0.00	0.34
22956	Lasagna, Vegetable, frozen, baked	--	0.00	--
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	--	0.00	--
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	--	0.00	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	--	0.00	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	--	0.00	0.19
22969	Chili with beans, microwavable bowls	--	0.00	0.09
22971	Potato salad with egg	0.00	0.00	0.63
22978	Chicken tenders, breaded, frozen, prepared	0.00	0.00	0.34
22998	Rice and vermicelli mix, chicken flavor, unprepared	--	0.00	0.02
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	--	0.00	0.13
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	0.01
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	--	0.00	0.02
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	--	0.00	0.03
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	--	0.00	0.02
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	0.01
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	0.01
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	0.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	--	0.00	0.00
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.02
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.02
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	--	0.00	0.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	--	0.00	0.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	0.00	0.04
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.03

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	--	0.00	0.04
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	--	0.00	0.04
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	--	0.00	0.04
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	0.03
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.02
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	0.01
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	0.01
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.00	0.00	0.01
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	0.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	--	0.00	0.01
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	--	0.00	0.01
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	0.00	0.01
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	--	0.00	0.01
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	0.02
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.00	0.00	0.01
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	--	0.00	0.00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	0.03
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	0.03
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	0.04
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	0.02
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	0.03
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	0.02
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	--	0.00	0.01
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	--	0.00	0.01
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	--	0.00	0.01
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	--
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	--	0.00	--
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	--	0.00	--
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	--	0.00	--
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00	0.00	--
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00	0.00	--
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00	0.00	--
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.00	0.00	--
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	--	0.00	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00	0.00	--
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00	0.00	--
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00	0.00	--
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	--	0.00	--
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	--	0.00	--
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	--	0.00	--
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	--	0.00	--
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
23419	Beef, New Zealand, imported, intermuscular fat, cooked	--	0.00	0.39
23420	Beef, New Zealand, imported, intermuscular fat, raw	--	0.00	0.45
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	--	0.00	0.51
23436	Beef, New Zealand, imported, subcutaneous fat, raw	--	0.00	0.51
23472	Beef, ground, 93% lean meat / 7% fat, raw	--	0.00	0.03
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	--	0.00	0.04
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	--	0.00	--
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	--	0.00	--
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	--	0.00	--
23477	Beef, ground, 97% lean meat / 3% fat, raw	--	0.00	0.02
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	--	0.00	0.04
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	--	0.00	--
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	--	0.00	--
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	--	0.00	--
23507	USDA Commodity, beef, patties (100%), frozen, raw	--	0.00	--
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	--	0.00	--
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	--	0.00	--
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	--	0.00	--
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	--	0.00	--
23557	Beef, ground, 95% lean meat / 5% fat, raw	--	0.00	0.03
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	--	0.00	0.04
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	--	0.00	--
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	--	0.00	--
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	--	0.00	--
23562	Beef, ground, 90% lean meat / 10% fat, raw	--	0.00	0.04
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	--	0.00	0.04
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	--	0.00	--
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	--	0.00	--
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	--	0.00	--
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	--	0.00	--
23572	Beef, ground, 80% lean meat / 20% fat, raw	--	0.00	0.05
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	--	0.00	--
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	--	0.00	--
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	--	0.00	--
23577	Beef, ground, 75% lean meat / 25% fat, raw	--	0.00	0.06
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	--	0.00	0.04
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	--	0.00	--
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	--	0.00	--
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	--	0.00	--
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	--	0.00	--
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	--	0.00	--
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	--	0.00	--
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	--	0.00	--
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	--	0.00	--
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	--	0.00	--
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	--	0.00	--
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	--	0.00	--
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	--	0.00	--
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	--	0.00	--
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	--	0.00	--
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	--	0.00	--
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	--	0.00	--
23640	Beef, variety meats and by-products, tripe, cooked, simmered	--	0.00	0.01
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	--	0.00	--
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	--	0.00	--
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	--
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	--	0.00	--
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	--	0.00	--
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	--	0.00	--
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	--	0.00	--
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	--	0.00	--
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	--	0.00	--
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	--	0.00	--
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	--	0.00	--
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	--	0.00	--
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	--	0.00	--
25000	Snacks, popcorn, microwave, 94% fat free	--	0.00	0.06
25001	Snacks, popcorn, microwave, low fat	--	0.00	--
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	--	0.00	--
25012	Snacks, sweet potato chips, unsalted	--	0.00	--
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	--	0.00	0.09
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	--	0.00	0.07
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	--	0.00	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	--	0.00	--
25017	Formulated bar, POWER BAR, chocolate	--	0.00	0.02
25024	Pretzels, soft, unsalted	--	0.00	--
25025	Snacks, soy chips or crisps, salted	--	0.00	--
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	--	0.00	--
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	--	0.00	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	--	0.00	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	--	0.00	--
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	--	0.00	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	--	0.00	--
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	--	0.00	--
25036	Snacks, granola bites, mixed flavors	--	0.00	--
25038	Snacks, granola bars, soft, almond, confectioners coating	--	0.00	--
25040	Snacks, vegetable chips, made from garden vegetables	--	0.00	--
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	--	0.00	--
25043	Snacks, candy bits, yogurt covered with vitamin C	--	0.00	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	--	0.00	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
25051	Snacks, CLIF BAR, mixed flavors	--	0.00	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	--	0.00	--
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	--	0.00	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	--	0.00	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	--	0.00	--
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	--	0.00	--
25059	Snacks, brown rice chips	--	0.00	--
25060	Snack, Pretzel, hard chocolate coated	--	0.00	--
25062	Snack, Mixed Berry Bar	--	0.00	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	--	0.00	0.04
25064	Snacks, potato chips, lightly salted	--	0.00	0.39
27000	Soup, egg drop, Chinese restaurant	0.00	0.00	0.01
27001	Soup, hot and sour, Chinese restaurant	--	0.00	0.03
27002	Soup, wonton, Chinese restaurant	--	0.00	0.00
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	--	0.00	--
27046	Sauce, duck, ready-to-serve	--	0.00	--
27047	Sauce, salsa, verde, ready-to-serve	--	0.00	--
27048	Sauce, steak, tomato based	--	0.00	--
27049	Sauce, tartar, ready-to-serve	0.00	0.01	--
27050	Sauce, sweet and sour, ready-to-serve	--	0.00	--
27051	Sauce, cocktail, ready-to-serve	--	0.00	--
27052	Dip, salsa con queso, cheese and salsa- medium	--	0.00	0.31
27054	Dip, TOSTITOS, salsa con queso, medium	--	0.00	0.07
27055	Sauce, barbecue, SWEET BABY RAY'S, original	--	0.00	0.01
27056	Sauce, barbecue, BULL'S-EYE, original	--	0.00	0.06
27059	Sauce, peanut, made from peanut butter, water, soy sauce	--	0.00	0.03
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	--	0.00	--
27061	Gravy, HEINZ Home Style, classic chicken	--	0.00	0.02
27063	Sauce, enchilada, red, mild, ready to serve	--	0.00	0.03
27065	Dip, bean, original flavor	--	0.00	0.19
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	--	0.00	0.02
27068	Dip, FRITO'S, bean, original flavor	--	0.00	0.19
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	--	0.00	0.03
28286	Bread, paratha, whole wheat, commercially prepared, frozen	--	0.00	0.06
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
28288	Bread, roll, Mexican, bollilo	--	0.00	0.05
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	--	0.00	--
28290	Cookie, with peanut butter filling, chocolate-coated	--	0.00	--
28291	Cookies, animal, with frosting or icing	--	0.00	--
28292	Crackers, multigrain	--	0.00	--
28293	Cookie, butter or sugar, with chocolate icing or filling	--	0.00	--
28294	Cookie, chocolate, with icing or coating	--	0.00	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	--	0.00	--
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	0.00	0.01	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	0.00	0.01	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	--	0.00	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	--	0.00	--
28300	Cookies, oatmeal sandwich, with creme filling	--	0.00	--
28301	Cookies, peanut butter, commercially prepared, sugar free	--	0.00	--
28302	Cookies, graham crackers, plain or honey, lowfat	--	0.00	--
28303	Crackers, cheese, whole grain	--	0.00	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	--	0.00	--
28305	Pancakes, plain, reduced fat	0.00	0.00	--
28306	Bread, chapati or roti, plain, commercially prepared	--	0.00	0.13
28307	Bread, naan, plain, commercially prepared, refrigerated	--	0.00	0.28
28309	Cookies, coconut macaroon	--	0.00	--
28310	Cookies, shortbread, reduced fat	--	0.00	0.58
28311	Cookies, sugar wafer, chocolate-covered	--	0.00	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	--	0.00	0.18
28313	Rolls, hamburger or hot dog, whole wheat	--	0.00	0.17
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	--	0.00	--
28315	Bread, cinnamon	--	0.00	--
28316	Bread, wheat, sprouted	--	0.00	--
28317	Bread, wheat, sprouted, toasted	--	0.00	--
28318	Bread, french or vienna, whole wheat	--	0.00	--
28319	Bagels, whole grain white	--	0.00	--
28320	English muffins, whole grain white	--	0.00	--
28321	Rolls, hamburger, whole grain white, calcium-fortified	--	0.00	--
28322	Bagels, multigrain	--	0.00	--
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	--	0.00	--

NDB_No	Description	20:5 n-3 (EPA)(g) Value Per	22:6 n-3 (DHA)(g) Value Per	18:3 n-3 c,c,c (ALA)(g) Value Per
28324	Pancakes, whole wheat, dry mix, incomplete	--	0.00	--
28325	Crackers, toast thins, low sodium	--	0.00	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	--	0.00	--
28327	Crackers, water biscuits	--	0.00	--
28328	Cookies, chocolate chip sandwich, with creme filling	--	0.00	--
28329	Cookies, chocolate, made with rice cereal	--	0.00	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	--	0.00	--
28331	Crackers, flavored, fish-shaped	--	0.00	0.40
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	--	0.00	0.48
28349	Cookies, oatmeal, reduced fat	--	0.00	--
28350	Cookies, chocolate cream covered biscuit sticks	--	0.00	--
28351	Cookies, Marie biscuit	--	0.00	--
28352	Cookies, vanilla sandwich with creme filling, reduced fat	--	0.00	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	--	0.00	0.42
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	--	0.00	0.36